

2025 NCAA Division I Cross Country

Mid-Atlantic Regional Championships Starting Box Assignments

WOMEN		MEN	
School	Starting Box	School	Starting Box
American	1	UMBC	1
St. Peter's	2	Saint Francis	2
Monmouth	3	Delaware State	3
Lafayette	4	NJIT	4
Maryland	5	Navy	5
Georgetown	6	St. Peter's	6
Robert Morris	7	La Salle	7
La Salle	8	Monmouth	8
Villanova	9	Rutgers	9
West Virginia	10	American	10
Mount St. Mary's	11	Penn	11
Navy	12	Saint Joseph's University	12
Duquesne	13	Georgetown	13
Bucknell	14	Villanova	14
Delaware	15	Robert Morris	15
Rutgers	16	Penn State	16
Pittsburgh	17	Maryland-Eastern Shore	17
Saint Francis	18	Duquesne	18
Saint Joseph's University	19	Lafayette	19
Penn State	20	Pittsburgh	20
Howard	21	Loyola (Md.)	21
Temple	22	Bucknell	22
Delaware State	23	Princeton	23
NJIT	24	Howard	24
George Washington	25	Seton Hall	25
Seton Hall	26	Temple	26
Rider	27	George Washington	27
Loyola (Md.)	28	Marshall	28
Lehigh	29	Mount St. Mary's	29
Marshall	30	Lehigh	30
Princeton	31	Rider	31
UMBC	32		
Penn	33		