

2025 NCAA Division I Cross Country

Midwest Regional Championships Starting Box Assignments

WOMEN		MEN	
School	Starting Box	School	Starting Box
Eastern Illinois	1	Southern Illinois	1
Omaha	2	Drake	2
Illinois State	3	Iowa	3
Creighton	4	Kansas State	4
Drake	5	Creighton	5
Nebraska	6	Loyola (Ill.)	6
Kansas State	7	Missouri	7
Missouri	8	South Dakota	8
Kansas City	9	Iowa State	9
South Dakota	10	Illinois-Chicago	10
St. Thomas (Minn.)	11	North Dakota State	11
Bradley	12	Minnesota	12
North Dakota	13	Western Illinois	13
DePaul	14	Eastern Illinois	14
Missouri State	15	Illinois State	15
Saint Louis	16	DePaul	16
Iowa	17	Saint Louis	17
Loyola (Ill.)	18	Oklahoma State	18
Western Illinois	19	Illinois	19
SIU Edwardsville	20	Lindenwood	20
Southern Illinois	21 (SHARED)	South Dakota St.	21
Chicago State	21 (SHARED)	Northern Iowa	22
Northwestern	22	SIU Edwardsville	23
SE Missouri	23	Oral Roberts	24
Oklahoma State	24	Chicago State	25
Iowa State	25	Tulsa	26
Minnesota	26	Bradley	27
Northern Illinois	27	Wichita State	28
Illinois	28	North Dakota	29
Wichita State	29	SE Missouri	30
Oral Roberts	30	Kansas	31
South Dakota St.	31	Nebraska	32
Kansas	32	Oklahoma	33
North Dakota State	33	St. Thomas (Minn.)	34
Northern Iowa	34		
Illinois-Chicago	35		
Oklahoma	36		
Tulsa	37		