2026 DI CROSS COUNTRY CHAMPIONSHIPS

PARTICIPANT 2026-27 MANUAL

Regionals

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Meet Personnel

Title	Name	Phone Number
Meet Director	Ryan Watson *Sr. Assoc. Dir. Of Athletics for Facilities* Email: ryan.watson@hofstra.edu	Office: 516-463-4672 Cell: 516-761-1539
Sports Information Contact	Alexis Friedman, *Director of Creative Content* Email: alexis.g.friedman@hofstra.edu	Office: 516-463-6347 Cell: 516-510-5281
Sports Medicine Contact	Robert Sullivan, *Sr. Assoc. Athletic Trainer* Email: Robert.c.sullivan@hofstra.edu	Office: 516-463-1769 Cell: 631-463-1771

2026-27 DIVISION I MEN'S AND WOMEN'S CROSS COUNTRY AND TRACK & FIELD OVERSIGHT COMMITTEE

The current committee roster can be accessed at:
https://web1.ncaa.org/committees/#/reports/roster?committeeCode=1TRACKOC

Secretary-Rules Editor **Mark Kostek** Cell: 515-208-8300 Email: kostekmt@gmail.com	**NCAA** **Jeff Mlynski** Associate Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6503 Cell: 317-874-7154 Email: jmlynski@ncaa.org	**NCAA** **Demetria Young** Coordinator Championships and Alliance P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6270 Email: dyoung@ncaa.org

SCHEDULE OF EVENTS

(All times are Eastern Standard Time, unless listed otherwise)

Monday, November 2

8 a.m. (Eastern) — Declarations open on www.directathletics.com.

Thursday, November 5

5 p.m. (Eastern) — On-time entry deadline on www.directathletics.com.

Friday, November 6

5 p.m. (Eastern) — Late entry deadline with fine on www.directathletics.com. Fine will be assessed to any new entries or changes you may make to initial entries during the late window. Entries officially close at this time.

Tuesday, November 10

1:00 p.m. EST — **Mandatory virtual coaches' meeting**.
https://hofstra.zoom.us/j/98371379156?pwd=QfAIgSoDHrOMildHM6L2BPERvPUyo4.1&from=addon

Thursday, November 12

10:00 a.m. to 4:00 p.m. EST — **Course inspection/practice.**
Weather permitting. Please call or visit Ryan Watson 516-761-1539 or Dan Graves 516-526-3221 or visit @HofstraPride for frost warning or severe weather updates if needed.

10:00 a.m. to 4:00 p.m. EST — **Packet pickup**.
Bethpage Polo at the Park
Bethpage State Park Playground, Bethpage, NY, 11804

Friday, November 13

7:30 a.m. — **Course opens to competitors.**
Please call or visit Ryan Watson 516-761-1539 or Dan Graves 516-526-3221 or visit @HofstraPride for frost warning or severe weather updates if needed.

8:30 a.m. — Late packet pickup available at clerking.

9:40 a.m. — Clerking procedure begins for women's race.
10:30 a.m. — First gun fired (30 minutes to start of women's race).

10:35 a.m. — **National Anthem.**

10:40 a.m. — Second gun fired (20 minutes to start of women's race).
Final check-in at clerk's tent for women's competitors.
Clerking procedure begins for men's race.

10:50 a.m.	Third gun fired (10 minutes to start of women's race).
11 a.m.	**Women's 6K championship race.**
11:30 a.m.	First gun fired (30 minutes to start of men's race).
11:40 a.m.	Second gun fired (20 minutes to start of men's race). Final check-in at clerk's tent for men's competitors.
11:50 a.m.	Third gun fired (10 minutes to start of men's race).
Noon	**Men's 10K championship race.**

Immediately following second race, recognition of top runners and teams.

ACCOMODATIONS

The following is a list of area hotels and their contact information. Participating institutions are responsible for contacting hotels to make all arrangements and providing the hotels with a rooming list.

Area Hotels:
Hampton Inn and Suites Farmingdale – Christine.sodikoff@concordhotels.com
Hilton Garden Inn Melville - venitta.ramdeen@hilton.com
Courtyard Marriott Republic Airport – kerri.dambrosio@marriott.com

COURSE MAPS

Men's and women's course maps are located on page 16 of the handbook (the last page)
Address to use for GPS:
Bethpage State Park Playground, Bethpage, NY, 11804 US

LOCKER ROOMS/SHOWERS

There are no locker rooms available at Bethpage State Park.

MOTHER'S ROOM

A private Mother's Room will be made available, on request, for use at the competition venue. To secure such a room, please notify Ryan Watson at least 24 hours prior to arrival at Ryan.Watson@hofstra.edu.

DRUG TESTING

Student-athletes who compete in this championship round may be subjected to a drug test in accordance with bylaws 18.4.1.5 and 31.2.3, and may be determined to be ineligible as a result thereof. If drug testing occurs at this session of the championships, couriers will make contact with the student-athletes immediately following the 10-minute cooling off period. The student-athletes who are to be tested will be escorted to the drug-testing area within one hour after

the conclusion of the competition. Student-athletes selected for drug-testing should first attend any post meet interviews (if designated by the sports information director) before reporting to the drug-testing area.

Please also be aware of the following as it relates to drug testing for record ratification purposes:

1. **If NCAA drug testing occurs during this championship round**, Drug Free Sport (DFS) will be onsite and has the authority to conduct testing for tests required outside of the standard championship protocol (e.g., national record, world junior record, etc.) for United States athletes ONLY.

2. **If NCAA drug testing does not occur during this championship round and/or a test is required outside of the standard championship protocol (e.g., national record, world junior record, etc.), or your athlete is an international athlete**, it will be the responsibility of the student-athlete's school to contact the appropriate drug testing agency (e.g., USADA, DFS, etc.) as authorized by the appropriate national/governing body to set up and confirm the necessary test during the event. Schools that anticipate a possible record requiring drug testing for ratification, are encouraged to be proactive in contacting an authorized testing agency in advance to inform them of a possible need for testing.

3. Additionally, any cost associated with such a test will be the responsibility of the tested student-athlete's school.

Please see the 2026 NCAA Division I Cross Country Pre-Championship Manual for information.

ENTRY PROCEDURES

In order to be eligible for participation in the regional and national meets, institutions must submit an NCAA official online entry roster form through DirectAthletics prior to the regional cross country championships. Coaches will be allowed to submit a maximum of 14 student-athletes on the entry form, of which no more than seven must be declared to participate prior to competition. Only the 14 student-athletes listed on the entry form may compete in the regional and/or national championship meets. Coaches will not be able to change the 14 student-athletes on the entry form should the team qualify for the national championship meet. **Teams are strongly encouraged to maximize their rosters by submitting names to fill all 14 allowable spots when submitting your entries.**

The entry form will be available beginning at 8 a.m. Eastern time, **Monday, November 2**. **Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 5.** The late deadline, with fine, for regional entries is 5 p.m. Eastern on Friday, November 6. A late fine will be assessed in the amount of $400 per team/per gender. A fine will be assessed to any changes you may make to initial entries during the late window. **Entries officially close at this time and no entries will be received after this deadline.** Each institution should print a copy of its entry forms to take to the regional and national sites.

The online entry roster form can be accessed through DirectAthletics at www.directathletics.com. If you experience technical difficulty using the online entry system, please contact DirectAthletics (support@directathletics.com).

Entries will be posted by the host at http://gohofstra.com/2026NCAAXCRegional
by 5 p.m. local time on Monday, November 9.

The qualifying finish of teams and individuals at the regional meets will constitute entry into the national meet. **No further entry is required for the national meet**.

Please follow instructions below to complete your entries for the regional/national championship.

Please note: If you already have a DirectAthletics account for your team, you should login at www.directathletics.com and use your existing account to submit your entries. The NCAA entry process is no different than submitting entries to other DirectAthletics meets. If you know you have an account but have forgotten your username/password, you can click the "Login Trouble" link next to the login box.

STEP 1—Creating a DirectAthletics Account

If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:

1. Go to www.directathletics.com/ncaa.html.

2. On the right side (in the New Account Creation box), select your division.

3. Select your team, choosing only the genders for which you are submitting entries. Enter your contact information—this information will be used only by the NCAA and the meet hosts. Last, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like "bears" or "adam" or "track" are likely to be taken.

4. Click Continue and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account [i.e., Texas (Men)]. If you have a men's and women's account, it will usually default to men first.

5. Follow Step 2 below to enter your roster.

STEP 2—Setting Up Your Online Roster

Before submitting your entries for the championships, you must first add all attending student-athletes to your DirectAthletics roster:

1. On the default Team Roster page, click the green "Add Athletes" link above "Welcome to your DirectAthletics account!"

2. Select the number of student-athletes you wish to enter. You can always add more later.

3. Enter your student-athletes' first names, last names and school years and click "Submit". Please be aware of what gender you are entering—you will complete the roster and entry process for one gender first, and then repeat the process for the other gender (see the Important Notice after Step 3 below)

4. The system will display the student-athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

STEP 3--Submitting Your Roster/Entries

Once your student-athletes are added to your roster, you must submit your roster to the NCAA Division I Championships.

1. Click the HOME tab in the upper left of the site. Under Upcoming Meets, click the green Register button next to the NCAA Division I Championships.

2. Check-off the box for each student-athlete you wish to enter. You can check the top box to select (or un-select) your entire roster. If you have left anyone off your roster accidentally, you can add them using the "Add New Entry" box.

3. When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.

4. You will see your current, submitted entries on the "View Entries" page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address associated with your account.

5. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link next to the meet in the HOME tab.

Please note if you are entering Men AND Women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender from the Team dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for Men and Women.

NOTE: If you do not receive a confirmation of entry, the registration was not submitted. Please ensure you receive a confirmation email to validate the entries.

REMINDER: It is the coach's responsibility to inform the cross country/track and field committee immediately if for some reason a student-athlete entered and selected to compete in any national competition cannot compete.

DECLARATIONS: Onsite declarations will be held during packet pickup from 10:00 a.m. to 4:00 p.m. Thursday, November 12 at Bethpage Polo at the Park, Bethpage State Park Playground,

Bethpage, NY, 11804 If an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of hip numbers, chips and bibs), those additional hip numbers, chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race. Late packet pickup will be available the morning of the race at the clerks tent beginning at 8:30 a.m.

FINAL DECLARATION AND CHECK-IN (RACE DAY): If during initial declarations during packet pickup the institution declared down to seven athletes, or the institution is only contesting an individual(s) and not a team, there is no further action required the day of the race. The only check-in or declaration required the day of the race is for teams that did not declare down to a final seven, for teams that must make a change to the seven declared during packet pickup, or for teams that have to scratch an athlete that will not start (DNS). The head coach of each institution should complete the final check-in process, if necessary, on behalf of their team and/or student-athlete(s). Coaches will be required to ensure student-athletes comply with all uniform and logo requirements as well as ensuring their student-athletes report to the starting line wearing the **proper** hip numbers, bibs and chips. Uniform and logo rules contained in the NCAA Cross Country/Track and Field Rule Book and Bylaw 12.5.4 in the NCAA Manual shall apply. Failure to comply with these championship policies and the requirements surrounding uniform and logo rules may result in disqualification.

Coaches needing to complete the final check-in/declaration process the day of the race must do so, with the clerks, at the assigned clerking location up to 80 minutes prior to the start of their race. Coaches needing to complete this process on race day are encouraged to check-in/declare as soon as possible, but not later than 20 minutes prior to the race. Check-in will **NOT** be allowed at the start line and coaches needing to complete this process on race day, must check-in all teams/student-athletes at the assigned clerking location. Again, be reminded that if an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of hip numbers, chips and bibs), those additional hip numbers, chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race.

Please note that teams and/or individuals that are checked-in late and not in accordance with the times/policies outlined in this manual will jeopardize participation in their race, will have a letter sent to their institutional athletics director and will have a financial fine assessed for failing to abide by championship policies.

SQUAD SIZE: Teams are limited to a maximum of seven (7) competitors. A team running more than seven will be disqualified and the action will be considered misconduct. Institutions entering **five to seven** runners in the meet must compete as a team. If fewer than five competitors run, they will compete as individuals.

EVACUATION/SEVERE WEATHER PLAN

Lightning Policy. Following NCAA protocol, we will be using a lightning detection and weather monitoring system. Once lightning enters the 30-mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters within an eight-mile radius of our site, competition must stop and student-athletes and spectators will be

moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

Shelter Locations. Teams and spectators should shelter within their vehicles or buses.

Severe Weather Policy for NCAA Cross Country Regional Championships

For the safety of all spectators, student-athletes, officials and coaches the following will be used in case of severe weather (e.g., lightning, cold temperatures and/or heavy snow):

1. The meet director and NCAA cross country/track and field committee will monitor the weather during the week and morning of the championships.

2. Information on delays and/or postponements will be available by calling Ryan Watson 516-761-1539 and @HofstraPride. The host will provide all necessary information alerting coaches of different start times or delays in course inspection times due to any inclement weather.

3. The games committee will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day. The games committee at the regional will make their recommendation to the NCAA with the NCAA approving the final plan.

4. If the race has already begun and would have to be suspended in the middle of the competition, the cross country/track and field committee would recommend the following:

   Men's 10k - If competition is suspended before the 3,000 meters mark you may run the same day with a two-hour delay. If competition is suspended after 3,000 meters we would recommend postponement until the next day.

   Women's 6k - If competition is suspended before the 2,000 meters mark you may run the same day with a two-hour delay. If competition is suspended after 2,000 meters we would recommend postponement until the next day.

5. If necessary, competition may be postponed until Saturday, per NCAA policy, with similar if not the same start times. This information must be communicated with all involved institutions.

** *Appropriate provisions will be made to the facility to ensure the safety of competitors and spectators. The games committee reserves the right to make changes to the above policies and schedules as they see fit.*

FINISH LINE PROCEDURES AND TIMING/RESULTS

The order of finish will be verified with Finish Lynx system. Two Lynx cameras will be on each of the finish line mats. A secondary video system will be used as a backup. Timing mats will be used on the course at select marks.

Runners should continue racing past both sets of mats at the finish line. Once they have crossed the mats, runners should continue to move through the finish chute as quickly as possible.

Runners need not maintain their order of finish in the chute. Water and trainers will be available at the end of the finish area. Competitors must leave the chute immediately and need not return anything as the bibs have disposable chips on them.

Utilizing chip technology, unofficial results will be posted and available in real time both onsite and online. However, note that results from chip technology are not official results. Results will not become official until the timing company has completed all necessary video review and the official protest window has closed.

PACKET PICKUP

Packets will be available Thursday, November 12, from 10:00am to 4:00 p.m. at Bethpage Polo at the Park, Bethpage State Park Playground, Bethpage, NY, 11804. Late packet pickup will be available the morning of the race at the clerking tent beginning at 8:30 a.m.

Course maps and descriptions will also be available during Thursday packet pickup and host representatives will be there to answer any questions about the course.

MANDATORY COACHES' MEETING

Coaches are required to attend the mandatory virtual coaches' meeting on Tuesday, November 10 at 1:00 p.m. EST
https://hofstra.zoom.us/j/98371379156?pwd=QfAIgSoDHrOMildHM6L2BPERvPUyo4.1&from=addon **Failure to attend the mandatory virtual coaches' meeting will result in a minimum of a $200 fine/gender/institution.**

MERCHANDISE

Merchandise will be available at the course for purchase from 10 am – 4 pm Thursday and on Friday from 10 am until 2 pm.

PRACTICE SCHEDULE

Practice at the course is limited to Thursday and the day of competition, weather permitting. The course will be available Thursday from 10:00 a.m to 4:00 p.m.. The course will be open at 7:30 a.m. the morning of the race unless there is frost on the ground or additional weather concerns.

**Please call Ryan Watson 516-761-1539 or Dan Graves 516-526-3221 or visit @HofstraPride on race and practice days before leaving for the course for frost warning or severe weather updates if necessary.

PROTESTS

A protest area will be located near the finish line. Forms will be available at the tent for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. The head referee's ruling will be posted along with the results of the race. There will be no jury of appeals and the referee's decision will be final. There will be two 15-minute protest periods, one following each of the races (women and men). Each of the protest windows will begin when the unofficial results of the race have been posted at the protest tent. There is a $100 protest fee (cash only) for each protest. The $100 fee is refundable only if the protest is overturned.

RESULTS/SPORTS INFORMATION

Results.

- Results will be posted at this link https://elitefeats.com/xc-Results/?ID=26248 and there will be no printed results.
- Members of the media can access race results online at https://elitefeats.com/xc-Results/?ID=26248 or by emailing events@elitefeats.com for a pdf copy.
- Media may contact Alexis Friedman at alexis.g.friedman@hofstra.edu for more information.

SPORTS MEDICINE

There will be a training area set up at the course during practice on Thursday and competition on Friday. If you have any special needs, please contact Robert Sullivan at 631-463-1773 or by email at Robert.c.sullivan@hofstra.edu.

Trainers at the course:	Thursday, November 12	9:00 a.m. – 5:00 p.m.
	Friday, November 13	Beginning at 9:00 a.m.

Student-athletes must present a prescription or letter of treatment from the institution's certified trainer in order to administer electric modalities. Modality treatment will only be given with written permission from your institutions' medical staff. Competing institution's trainers will not be allowed on the course or in the finish chute unless their student-athlete becomes injured or ill. An ambulance will be onsite for both races.

TENTS

ACE | PARTY & TENT RENTAL

2026 Cross Country Championships Pricing Sheet

Item	Price
10' x 10' Staked Tent	$400
10' x 15' Staked Tent	$500
10' x 20' Staked Tent	$600
20' x 20' Staked Tent	$750
Walls (per 10' section)	$50
Folding Chair (each)	$2.75
6' Table (each)	$15.50
Delivery/Pick-up Charge (per customer)	$100

Important Information

- Schools must provide a tax-exempt form.
- Pricing does not include the damage waiver fee (8% of total rental equipment).
- The damage waiver is not insurance. It is an agreement between you and ACE that limits your financial responsibility for damage to rented equipment.

Please contact Tom Rowinski at 917-623-6347 trowinski@acepartyrental.com rbarrera@acepartyrental.com. Deadline to order tents and equipment is Friday, November 6.

If teams elect to bring their own institutional tents, they must ensure they are securely fixed to withstand wind and that they are set-up in host approved locations.

TRANSPORTATION/PARKING

All transportation needs will be the responsibility of the participating team.

Directions to Course.

The Bethpage State Park course is located at Corner of Plainview Road & Manchester Drive, Bethpage, NY 11714. Course parking is located at the below location. Both spectators and buses will park in this location. When you enter through the park's Polo Field / Picnic Area entrance off Powell Avenue, the road leads you straight to the parking booths and the expansive main parking lots (associated with the playground and picnic pavilions).

UNIFORMS AND LOGOS

Uniform and logo rules contained in the NCAA Cross Country/Track and Field Rule Book and Bylaw 12.5.4 in the NCAA Manual shall apply in all championship related events, press conferences and award ceremonies. Competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championships.

The bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff.

MISCONDUCT

Misconduct Incident to Competition - If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during break in the continuity of the championship when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing following the action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

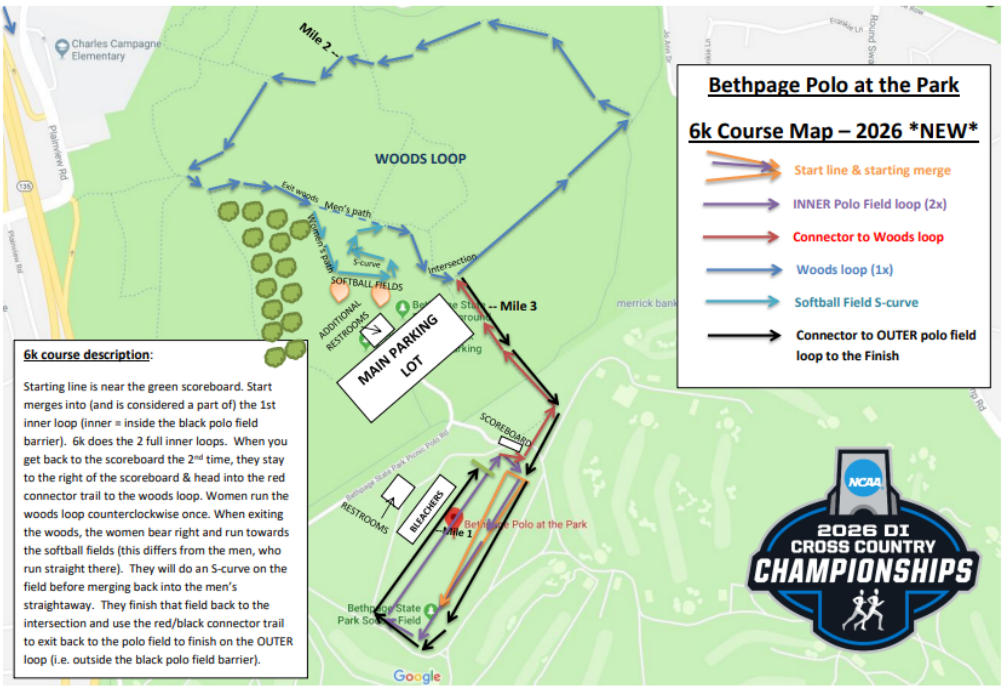
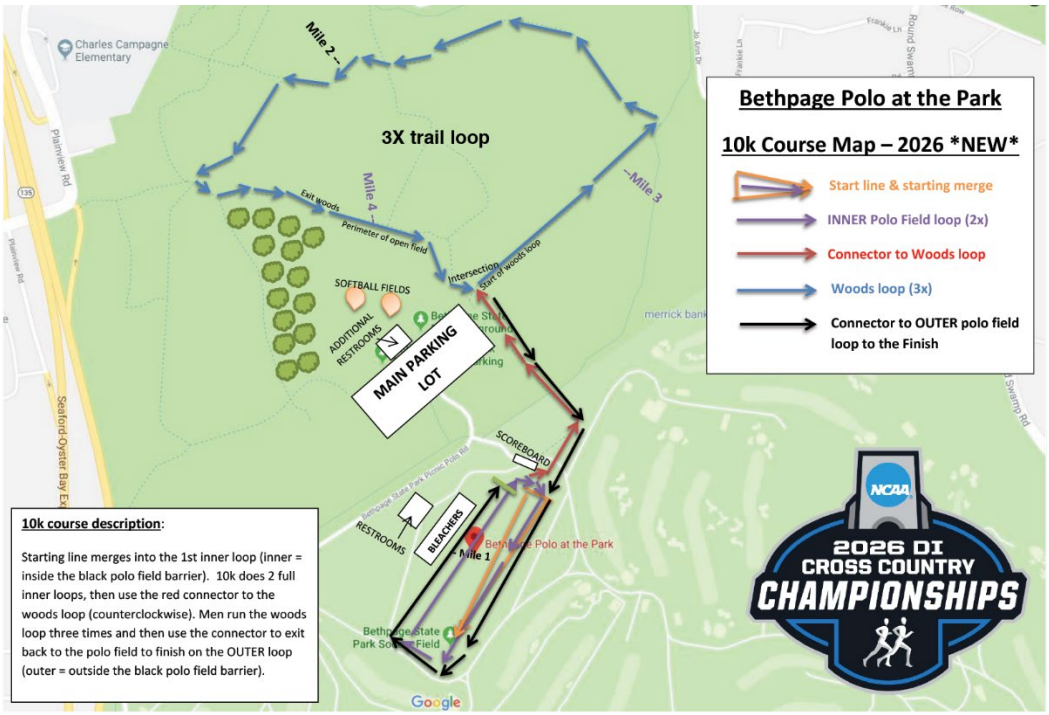
Penalty for misconduct - A governing sports committee (or the games committee authorized to act for it) may impose any one or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of competition or practice.

(a) Public or private reprimand of the individual;
(b) Disqualification of the individual from further participation in the NCAA championship involved;
(c) Banishment of the individual from participation in one or more following championships of the sport involved;
(d) Cancellation of payment to the institution of the Association's travel guarantee for individuals involved;

(e) Withholding of all or a portion of the institution's share of the revenue distribution;
(f) Banishment of the institution from participation in one or more following championships in which its team in that sport otherwise would be eligible to participate;
(g) Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
(h) Cancellation of all or a portion of the honorarium for hosting an NCAA Championship; and
(i) Financial or other penalties different from (a) through (h) above.

COURSE MAPS

6K



10K