2026 NCAA Division I Cross Country
Mid-Atlantic Regional Championships Starting Box Assignments

WOMEN

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

MEN

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