

2021-2026 Dates and Sites
NCAA Division II Men's and Women's Cross Country

2021-22

Round	Host	Facility	Location	Date of Competition
Atlantic Regional	Lock Haven University of Pennsylvania	West Branch Cross Country Course	Lock Haven, PA	Nov. 6, 2021
Central Regional	Missouri Southern State University	Tom Rutledge Cross Country Course	Joplin, MO	Nov. 6, 2021
East Regional	Roberts Wesleyan College and Rochester NY Sports Commission	Matt St. James Cross Country Trails	Rochester, NY	Nov. 6, 2021
Midwest Regional	University of Southern Indiana and Evansville Sports Corporation	Angel Mounds	Evansville, IN	Nov. 6, 2021
South Regional	Saint Leo University and Tampa Bay Sports Commission	The Abbey Course	Saint Leo, FL	Nov. 6, 2021
South Central Regional	Lubbock Christian University and Visit Lubbock	LCU Cross Country Course	Lubbock, TX	Nov. 6, 2021
Southeast Regional	Converse College and Spartanburg Convention & Visitors Bureau	Roger Milliken Center	Spartanburg, SC	Nov. 6, 2021
West Regional	Western Oregon University	Ash Creek Preserve	Monmouth, OR	Nov. 6, 2021
Championship Finals	Saint Leo University and Tampa Bay Sports Commission	The Abbey Course	Saint Leo, FL	November 20, 2021

2022-23

Round	Host	Facility	Location	Date of Competition
Atlantic Regional	TBD			Nov. 19, 2022
Central Regional	Missouri Southern State University	Tom Rutledge Cross Country Course	Joplin, MO	Nov. 19, 2022
East Regional	Adelphi University	Bethpage State Park	Bethpage, NY	Nov. 19, 2022
Midwest Regional	University of Wisconsin-Parkside	Wayne E. Danehl National Cross Country Course	Kenosha, WI	Nov. 19, 2022
South Regional	TBD			Nov. 19, 2022
South Central Regional	Metropolitan State University of Denver	Washington Park	Denver, CO	Nov. 19, 2022
Southeast Regional	Queens University of Charlotte	McAlpine Creek Park	Charlotte, NC	Nov. 19, 2022
West Regional	Montana State University Billings	Amend Park	Billings, MT	Nov. 19, 2022
Championship Finals	Seattle Sports Commission	Chambers Bay	Seattle, WA	December 3, 2022

**The 2022 championship finals will part of the NCAA Division II National Championships Festival*

2021-2026 Dates and Sites
NCAA Division II Men's and Women's Cross Country

2023-24

Round	Host	Facility	Location	Date of Competition
Atlantic Regional	Lock Haven University of Pennsylvania	West Branch Cross Country Course	Lock Haven, PA	Nov. 4, 2023
Central Regional	Missouri Southern State University	Tom Rutledge Cross Country Course	Joplin, MO	Nov. 4, 2023
East Regional	Franklin Pierce University	Hopkinton Fairgrounds	Hopkinton, NH	Nov. 4, 2023
Midwest Regional	University of Southern Indiana and Evansville Sports Corporation	Angel Mounds	Evansville, IN	Nov. 4, 2023
South Regional	University of Montevallo	Montevallo Cross Country Course	Montevallo, AL	Nov. 4, 2023
South Central Regional	Lubbock Christian University and Visit Lubbock	LCU Cross Country Course	Lubbock, TX	Nov. 4, 2023
Southeast Regional	University of North Georgia	UNG Cross Country Course	Oakwood, GA	Nov. 4, 2023
West Regional	Western Oregon University	Ash Creek Preserve	Monmouth, OR	Nov. 4, 2023
Championship Finals	Missouri Southern State University	Tom Rutledge Cross Country Course	Joplin, Mo	November 18, 2023

2024-25

Round	Host	Facility	Location	Date of Competition
Atlantic Regional	TBD			Nov. 9, 2024
Central Regional	Missouri Southern State University	Tom Rutledge Cross Country Course	Joplin, MO	Nov. 9, 2024
East Regional	Roberts Wesleyan College and Rochester Convention & Visitors Bureau	Matt St. James Cross Country Trails	Rochester, NY	Nov. 9, 2024
Midwest Regional	Lewis University	Lewis University Cross Country Course	Romeoville, IL	Nov. 9, 2024
South Regional	University of Alabama in Huntsville	John Hunt Park	Huntsville, AL	Nov. 9, 2024
South Central Regional	Metropolitan State University of Denver	Washington Park	Denver, CO	Nov. 9, 2024
Southeast Regional	Converse College and Spartanburg Convention & Visitors Bureau	Roger Milliken Center	Spartanburg, SC	Nov. 9, 2024
West Regional	Montana State University Billings	Amend Park	Billings, MT	Nov. 9, 2024
Championship Finals	California Collegiate Athletic Association and Sacramento Sports Commission	Haggin Oaks Golf Complex	Sacramento, CA	November 23, 2024

2021-2026 Dates and Sites
NCAA Division II Men's and Women's Cross Country

2025-26

Round	Host	Facility	Location	Date of Competition
Atlantic Regional	Lock Haven University of Pennsylvania	West Branch Cross Country Course	Lock Haven, PA	Nov. 8, 2025
Central Regional	Missouri Southern State University	Tom Rutledge Cross Country Course	Canyon, TX	Nov. 8, 2025
East Regional	Franklin Pierce	Hopkinton Fairgrounds	Hopkinton, NH	Nov. 8, 2025
Midwest Regional	University of Wisconsin-Parkside	Wane E. Danehl National Cross Country Course	Kenosha, WI	Nov. 8, 2025
South Regional	Florida Southern College and Central Florida's Polk County Sports Marketing	Holloway Park	Lakeland, FL	Nov. 8, 2025
South Central Regional	West Texas A&M University	The Range Cross Country Course	Canyon, TX	Nov. 8, 2025
Southeast Regional	Queens University of Charlotte	McAlpine Creek Park	Charlotte, NC	Nov. 8, 2025
West Regional	Western Oregon University	Ash Creek Preserve	Monmouth, OR	Nov. 8, 2025
Championship Finals	University of Wisconsin-Parkside	Wayne E. Danehl National Cross Country Course	Kenosha, WI	November 22, 2025