

2019 Division III Cross Country Regionals

November 16

Atlantic

Host: St. Lawrence University

Site: Ronald C. Hoffmann Cross Country Course – Canton, New York

Meet Director: Randolph LaBrake, rlabrake@stlawu.edu, 315-229-5466

Central

Host: Wartburg College

Site: Max Cross Country Course – Waverly, Iowa

Meet Director: Steve Johnson, steve.johnson@cfu.net, 319-230-8726

Great Lakes

Host: Calvin College

Site: Gainey Athletic Complex – Grand Rapids, Michigan

Meet Director: Jim Timmer, jrt3@calvin.edu, 616-526-6037

Mideast

Host: Muhlenberg College

Site: Lehigh University Goodman Campus Cross Country Course

Meet Director: Brad Hackett, bradhackett@muhlenberg.edu, 484-664-3590

Midwest

Host: University of Wisconsin-Oshkosh

Site: Lake Breeze Golf Course – Oshkosh, Wisconsin

Meet Director: Vicci Stimac, stimacv@uwosh.edu, 920-424-1384

New England

Host: Bowdoin College

Site: Pickard Fields – Brunswick, Maine

Meet Director: Lynn Ruddy, lruddy@bowdoin.edu, 207-725-3623

South/Southeast

Host: Rhodes College

Site: Shelby Farms Park – Memphis, Tennessee

Meet Director: Robert Shankman, shankman@rhodes.edu, 901-843-3950

West

Host: Pomona-Pitzer Colleges

Site: Pomona-Pitzer Cross Country Course – Claremont, California

Meet Director: Ayanna Tweedy, Ayanna.Tweedy@pomona.edu, 909-607-0590

2019 DIII Cross Country Championships

November 23

Host: Louisville Sports Commission and Spalding University

Site: EP Tom Sawyer State Park – Louisville, Kentucky

Meet Directors: David Lawhorn, lawho9@aol.com, 502-587-7767

Troy Killian, tkillian@louisvillesports.org, 502-587-6730

Important Dates

Regionals and Nationals

The Division III online entry form should be made available by 8 a.m. Eastern time, Monday, November 4.

Regional entries are due via the DirectAthletics system by 5 p.m. Eastern Sunday, Nov. 10.

Entries received after the deadline and up until 5 p.m. Eastern Tuesday, Nov. 12, will be considered late entries and must be approved by the Track and Field and Cross Country Committee. A late fine will be assessed \$400 per team/gender.

No entries will be received after this deadline. – Nov. 12 at 5 p.m.

Each regional host will post preliminary entry lists on their respective regional websites by noon Eastern Wednesday, Nov. 13.

National championships field posted on NCAA.com by 3 p.m. Eastern Sunday, Nov. 17.