



REGION I (EAST)

MEN	
Institution	Starting Box
U. of New England	1
Gordon	2
Suffolk	3
Husson	4
MIT	5
New England College	6
Clark (Mass.)	7
Colby	8
Worcester State	9
Tufts	10
Babson	11
UMass Dartmouth	12
Emerson	13
Emmanuel (Mass.)	14
Endicott	15
Plymouth State	16
Maine Maritime	17
Colby-Sawyer	18
Brandeis	19
UMass Boston	20
Bates	21
Bowdoin	22
Bridgewater St.	23
Keene State	24
Wentworth	25
Wheaton (Mass.)	26
WPI	27
Lasell	28
Fitchburg St.	29
Eastern Nazarene	30
Regis (Mass.)	31
Nichols	32
Thomas College	33
St. Joseph's (Me.)	34
Southern Maine	35
Maine-Farmington	36
Curry	37
Framingham St.	38
Dean (Mass.)	39
Maine-Presque Isle	40

WOMEN	
Institution	Starting Box
Eastern Nazarene	1
Maine-Presque Isle	2
Tufts	3
Wheaton (Mass.)	4
Clark (Mass.)	5
Wellesley	6
Babson	7
St. Joseph's (Me.)	8
Gordon	9
Suffolk	10
Husson	11
MIT	12
UMass Boston	13
Simmons	14
Endicott	15
U. of New England	16
Keene State	17
Emmanuel (Mass.)	18
UMass Dartmouth	19
Fitchburg St.	20
Regis (Mass.)	21
Colby-Sawyer	22
Dean (Mass.)	23
Thomas College	24
Emerson	25
Wentworth	26
Lasell	27
Maine-Farmington	28
Bates	29
Curry	30
Worcester State	31
Bridgewater St.	32
Bowdoin	33
Brandeis	34
Southern Maine	35
New England College	36
Plymouth State	37
Maine Maritime	38
Colby	39
Framingham St.	40
WPI	41



REGION II (MIDEAST)

MEN	
Institution	Starting Box
Potsdam St.	1
Vassar	2
Williams	3
Salve Regina	4
Wesleyan	5
St. Lawrence	6
Western NE	7
Connecticut College	8
Middlebury	9
Eastern Conn. St.	10
Western Conn. St	11
Trinity (Conn.)	12
New Paltz St.	13
Plattsburgh St.	14
Saint Joseph (Conn.)	15
Springfield	16
Westfield State	17
Clarkson	18
SUNY Canton	19
Union (N.Y.)	20
Amherst	21
Bard	22
Roger Williams	23
Castleton	24
Coast Guard	25
RIC	26
RPI	27
Sage	28
NVU-Lyndon	29
Norwich	30

WOMEN	
Institution	Starting Box
Eastern Conn. St.	1
Springfield	2
RPI	3
Western Conn. St	4
Bard	5
Trinity (Conn.)	6
SUNY Canton	7
Connecticut College	8
St. Lawrence	9
Norwich	10
Wesleyan	11
Potsdam St.	12
Johnson & Wales (R.I.)	13
Middlebury	14
Union (N.Y.)	15
RIC	16
Clarkson	17
Amherst	18
Roger Williams	19
Saint Joseph (Conn.)	20
New Paltz St.	21
Williams	22
Vassar	23
Western NE	24
Plattsburgh St.	25
Mount Holyoke	26
Sage	27
Salve Regina	28
Westfield State	29
Coast Guard	30
Smith	31
Castleton	32



REGION III (NIAGARA)

MEN	
Institution	Starting Box
SUNY Poly	1
Hartwick	2
Alfred State	3
Buffalo State	4
Fredonia	5
SUNY Cobleskill	6
Brockport St.	7
Hilbert	8
Alfred	9
St. John Fisher	10
Cortland St.	11
Houghton	12
Morrisville State	13
Oswego State	14
PSU-Behrend	15
John Jay	16
NYU	17
Ithaca	18
Nazareth	19
Utica	20
SUNY Geneseo	21
Hobart	22
SUNY Delhi	23
Purchase	24
RIT	25
Hamilton	26
Oneonta	27
Rochester	28

WOMEN	
Institution	Starting Box
Ithaca	1
Utica	2
SUNY Cobleskill	3
Brockport St.	4
Hilbert	5
Hamilton	6
Morrisville State	7
Oneonta	8
SUNY Geneseo	9
Cortland St.	10
NYU	11
John Jay	12
Rochester	13
William Smith	14
Alfred State	15
Nazareth	16
Fredonia	17
Oswego State	18
Houghton	19
PSU-Behrend	20
SUNY Delhi	21
RIT	22
SUNY Poly	23
Alfred	24
Hartwick	25
St. John Fisher	26



REGION IV (MID-ATLANTIC)

MEN	
Institution	Starting Box
Marywood	1
Johns Hopkins	2
Chatham	3
Franklin & Marshall	4
St. Vincent (Pa.)	5
Stevenson	6
St. Mary's (Md.)	7
McDaniel	8
Geneva	9
Scranton	10
York (Pa.)	11
Misericordia	12
Washington & Jefferson	13
Goucher	14
Messiah	15
Lebanon Valley	16
Waynesburg	17
Salisbury	18
Grove City	19
Elizabethtown	20
PSU-Berks	21
Clarks Summit	22
Alvernia	23
Hood	24
Thiel	25
Lycoming	26
Carnegie Mellon	27
Penn College	28
Dickinson	29
Juniata	30
Lancaster Bible	31
King's (Pa.)	32
Gettysburg	33
Pitt.-Greensburg	34
Susquehanna	35

WOMEN	
Institution	Starting Box
Lebanon Valley	1
Dickinson	2
Penn College	3
McDaniel	4
Washington & Jefferson	5
Scranton	6
Gettysburg	7
Marywood	8
Franklin & Marshall	9
Goucher	10
Misericordia	11
York (Pa.)	12
Johns Hopkins	13
Clarks Summit	14
Chatham	15
Geneva	16
Grove City	17
PSU-Berks	18
Lancaster Bible	19
Hood	20
Salisbury	21
Waynesburg	22
Juniata	23
Stevenson	24
King's (Pa.)	25
Susquehanna	26
Alvernia	27
Messiah	28
Bethany (W.V.)	29
St. Mary's (Md.)	30
St. Vincent (Pa.)	31
Lycoming	32
La Roche	33
Elizabethtown	34
Thiel	35
Carnegie Mellon	36



REGION V (METRO)

MEN	
Institution	Starting Box
Muhlenberg	1
Eastern	2
Stevens	3
TCNJ	4
Arcadia	5
Rowan	6
DeSales	7
Delaware Valley	8
Drew	9
Haverford	10
PSU-Abington	11
Cairn	12
Centenary (N.J.)	13
St. Joseph's (L.I.)	14
Immaculata	15
Rutgers-Newark	16
Kean	17
Moravian	18
Stockton	19
Ursinus	20
Medgar Evers	21
Bryn Athyn	22
Rutgers-Camden	23
Rosemont	24
Cabrini	25
USMMA	26
Gwynedd-Mercy	27
Ramapo	28
FDU-Florham	29
Widener	30
Swarthmore	31
Valley Forge	32

WOMEN	
Institution	Starting Box
Cairn	1
Valley Forge	2
Arcadia	3
PSU-Abington	4
Centenary (N.J.)	5
DeSales	6
Drew	7
Widener	8
Moravian	9
Kean	10
USMMA	11
Swarthmore	12
Immaculata	13
Medgar Evers	14
Delaware Valley	15
Stockton	16
Ursinus	17
TCNJ	18
Stevens	19
Gwynedd-Mercy	20
Rutgers-Camden	21
Montclair State	22
Cabrini	23
Bryn Mawr	24
FDU-Florham	25
Muhlenberg	26
Rutgers-Newark	27
St. Joseph's (L.I.)	28
Rowan	29
Eastern	30
Cedar Crest	31
Ramapo	32
Haverford	33



NCAA
2023 DIVISION III
CROSS COUNTRY CHAMPIONSHIPS
NORTON, OH

REGION VI (GREAT LAKES)

MEN	
Institution	Starting Box
Allegheny	1
Anderson (Ind.)	2
Kalamazoo	3
Berea	4
Transylvania	5
Earlham	6
Wilmington (Ohio)	7
Calvin	8
Ohio Northern	9
Heidelberg	10
Muskingum	11
Manchester	12
Adrian	13
Hiram	14
John Carroll	15
Franklin	16
DePauw	17
Case Western	18
Bluffton	19
Wittenberg	20
Otterbein	21
Baldwin Wallace	22
Wabash	23
Hope	24
Rose-Hulman	25
Franciscan (Ohio)	26
Olivet	27
Spalding	28
Mount St. Joseph	29
Marietta	30
Ohio Wesleyan	31
Denison	32
Mount Union	33
Albion	34
Wooster	35
Oberlin	36
Kenyon	37
Centre	38
Trine	39
Capital	40
Alma	41
Hanover	42

WOMEN	
Institution	Starting Box
Rose-Hulman	1
Wooster	2
Capital	3
Mount Union	4
Olivet	5
Muskingum	6
Ohio Wesleyan	7
Hiram	8
Ohio Northern	9
Hanover	10
Manchester	11
Hope	12
Centre	13
Baldwin Wallace	14
Wilmington (Ohio)	15
Marietta	16
Albion	17
DePauw	18
Kenyon	19
Mount St. Joseph	20
St. Mary's (Ind.)	21
Oberlin	22
Earlham	23
Wittenberg	24
Berea	25
Adrian	26
Otterbein	27
John Carroll	28
Trine	29
Calvin	30
Anderson (Ind.)	31
Spalding	32
Transylvania	33
Alma	34
Franciscan (Ohio)	35
Franklin	36
Kalamazoo	37
Denison	38
Heidelberg	39
Allegheny	40
Bluffton	41
Case Western	42



REGION VII (SOUTH)

MEN	
Institution	Starting Box
Shenandoah	1
Southern Virginia	2
Mary Washington	3
Miss. Univ. for Women	4
LaGrange	5
Eastern Mennonite	6
Rhodes	7
U. of the South	8
Berry	9
Huntingdon	10
Methodist	11
Oglethorpe	12
Brevard	13
Hampden-Sydney	14
Washington and Lee	15
Piedmont	16
Belhaven	17
Birmingham-Southern	18
Lynchburg	19
Pfeiffer	20
Millsaps	21
Covenant	22
Virginia Wesleyan	23
Maryville (Tenn.)	24
Catholic	25
Emory	26
Christopher Newport	27
Marymount (Va.)	28
Randolph	29
Bridgewater (Va.)	30
Roanoke	31

WOMEN	
Institution	Starting Box
Pfeiffer	1
Mary Washington	2
Millsaps	3
Bridgewater (Va.)	4
Agnes Scott	5
Rhodes	6
Southern Virginia	7
Huntingdon	8
Gallaudet	9
Oglethorpe	10
Washington and Lee	11
Berry	12
Emory	13
Sweet Briar	14
Virginia Wesleyan	15
Hollins	16
Methodist	17
Covenant	18
Christopher Newport	19
U. of the South	20
Roanoke	21
Lynchburg	22
Randolph	23
Catholic	24
Shenandoah	25
Piedmont	26
Miss. Univ. for Women	27
LaGrange	28
Eastern Mennonite	29
Brevard	30
Meredith	31
Marymount (Va.)	32



REGION VIII (NORTH)

MEN	
Institution	Starting Box
Minnesota-Morris	1
St. Scholastica	2
Bethany Lutheran	3
Wisconsin Lutheran	4
Ripon	5
Carroll (Wis.)	6
St. Olaf	7
Hamline	8
Edgewood	9
Wis.-La Crosse	10
Macalester	11
St. John's (Minn.)	12
Wis.-River Falls	13
Wis.-Eau Claire	14
St. Norbert	15
Wis.-Stevens Point	16
Gustavus Adolphus	17
Carleton	18
Beloit	19
Northland	20
Lawrence	21
Wis.-Oshkosh	22
Wis.-Superior	23
Bethel (Minn.)	24
Concordia-Moorhead	25
Saint Mary's (Minn.)	26
MSOE	27
Wis.-Stout	28
Carthage	29
Martin Luther	30
Wis.-Platteville	31
Concordia (Wis.)	32
Augsburg	33
Wis.-Whitewater	34

WOMEN	
Institution	Starting Box
St. Catherine (Minn.)	1
Concordia-Moorhead	2
Bethany Lutheran	3
St. Norbert	4
St. Olaf	5
Wis.-Superior	6
Carthage	7
Saint Mary's (Minn.)	8
Wis.-Stevens Point	9
Wis.-Oshkosh	10
Wis.-Platteville	11
Macalester	12
Hamline	13
Edgewood	14
Bethel (Minn.)	15
Gustavus Adolphus	16
Concordia (Wis.)	17
St. Scholastica	18
Wis.-River Falls	19
Northland	20
Wis.-Whitewater	21
Carleton	22
Lawrence	23
Beloit	24
St. Benedict	25
Martin Luther	26
Minnesota-Morris	27
Ripon	28
Carroll (Wis.)	29
Wis.-Stout	30
Augsburg	31
Wis.-Eau Claire	32
Wisconsin Lutheran	33
Wis.-La Crosse	34



REGION IX (MIDWEST)

MEN	
Institution	Starting Box
Dominican (Ill.)	1
Simpson (Iowa)	2
Lake Forest	3
Central College	4
Webster	5
North Central (Ill.)	6
U. of Chicago	7
Aurora	8
Grinnell	9
Westminster (Mo.)	10
Benedictine (Ill.)	11
Loras	12
Hendrix	13
Elmhurst	14
Nebraska Wesleyan	15
Knox	16
Fontbonne	17
Illinois College	18
Illinois Wesleyan	19
Wartburg	20
Monmouth (Ill.)	21
Millikin	22
Eureka	23
Illinois Tech	24
Cornell College	25
Augustana (Ill.)	26
Ozarks (Ark.)	27
Washington U.	28
Buena Vista	29
Rockford	30
Wheaton (Ill.)	31
North Park	32
Greenville	33
Luther	34
Coe	35
Principia	36
Dubuque	37
Concordia Univ. Chicago	38

WOMEN	
Institution	Starting Box
Millikin	1
North Central (Ill.)	2
Concordia Univ. Chicago	3
Rockford	4
Augustana (Ill.)	5
Lake Forest	6
U. of Chicago	7
Simpson (Iowa)	8
Webster	9
Luther	10
Buena Vista	11
North Park	12
Central College	13
Nebraska Wesleyan	14
Washington U.	15
Knox	16
Coe	17
Elmhurst	18
Principia	19
Cornell College	20
Dominican (Ill.)	21
Greenville	22
Wheaton (Ill.)	23
Aurora	24
Illinois Tech	25
Illinois College	26
Dubuque	27
Eureka	28
Monmouth (Ill.)	29
Wartburg	30
Loras	31
Hendrix	32
Illinois Wesleyan	33
Ozarks (Ark.)	34
Grinnell	35



REGION X (WEST)

MEN	
Institution	Starting Box
Trinity (Tex.)	1
Pacific Lutheran	2
Caltech	3
George Fox	4
Whitman	5
Linfield	6
UT-Dallas	7
Occidental	8
Chapman	9
Cal Lutheran	10
Claremont-Mudd-Scripps	11
Lewis & Clark	12
Texas Lutheran	13
UC Santa Cruz	14
Southwestern (Tex.)	15
Whittier	16
Concordia (Tex.)	17
Pacific (Ore.)	18
Colorado College	19
Pomona-Pitzer	20
La Verne	21
Whitworth	22
St. Thomas (Tex.)	23
Hardin-Simmons LeTourneau	24
Puget Sound East Texas Baptist	25
Willamette	26
McMurry	27
Redlands	28

WOMEN	
Institution	Starting Box
UC Santa Cruz	1
Claremont-Mudd-Scripps	2
George Fox	3
Texas Lutheran	4
LeTourneau	5
Southwestern (Tex.)	6
La Verne	7
Willamette	8
Whitman	9
Linfield	10
Pomona-Pitzer	11
St. Thomas (Tex.)	12
Hardin-Simmons	13
Cal Lutheran	14
UMHB	15
Pacific (Ore.)	16
Chapman	17
Occidental	18
Colorado College	19
Redlands	20
UT-Dallas	21
Whitworth	22
East Texas Baptist	23
Caltech	24
Pacific Lutheran	25
Lewis & Clark	26
McMurry	27
Trinity (Tex.)	28