

2024 Division III Cross Country Regionals

November 16

Region I/East

Host: Suffolk University

Site: Hopkinton Fairgrounds – Hopkinton, New Hampshire

Meet Director: Will Feldman – wpfeldman@suffolk.edu, 413-695-7000

Region II/Mideast

Host: Connecticut College

Site: Harnkess Memorial State Park – Waterford, Connecticut

Meet Director: Ned Bishop – nbis@conncoll.edu, 860-439-2566

Region III/Niagara

Host: SUNY Fredonia

Site: Fredonia Campus XC Course – Fredonia, New York

Meet Director: Angela Rice-Pucciarelli – angela.pucciarellirice@fredonia.edu, 716-673-3542

Region IV/Mid-Atlantic

Host: Lock Haven University of Pennsylvania

Site: West Branch Cross Country Course – Lock Haven, Pennsylvania

Meet Director: Aaron Russell, arussell@lockhaven.edu, 570-916-5716

Region V/Metro

Host: Stockton University

Site: North Athletics Complex – Galloway, New Jersey

Meet Director: Anthony Berich – anthony.berich@stockton.edu, 724-331-9443

Region VI/Great Lakes

Host: Franklin College

Site: Blue River Cross Country Course – Shelbyville, Indiana

Meet Director: Gary Nolley – gary.nolley@gmail.com, 317-364-1820

Region VII/South

Host: Millsaps College

Site: Choctaw Trails – Jackson, Mississippi

Meet Director: Butch Ard – bard@belhaven.edu, 601-832-1909

Region VIII/North

Host: Carleton College

Site: Tostrud Center – Northfield, Minnesota

Meet Director: Donna Ricks – dricks@carleton.edu, 507-301-1932

Region IX/Midwest

Host: Augustana College (Illinois)

Site: Saukie Golf Course – Rock Island, Illinois

Meet Director: Chad Gunnelson – chadgunnelson@augustana.edu, 608-658-6538

Region X/West

Host: Lewis & Clark College

Site: Milo McIver State Park – Estacada, Oregon

Meet Director: Chris Reed – reedj@lclark.edu, 503-768-7068

2024 Division III Cross Country Championships

November 23

Host: Rose-Hulman Institute of Technology

Site: LaVern Gibson Championships Cross Country Course

Meet Director: Larry Cole, cole@rose-hulman.edu, 812-877-8509

Important Dates

Regionals and Nationals

The Division III online entry form should be made available by 8 a.m. Eastern time, Monday, October 21.

Regional entries are due via the DirectAthletics system by 11:59 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 Division III 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.