

2025 Division III Cross Country Regionals

November 15

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: St. Lawrence University

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

Meet Director: Randolph LaBrake, rlabrake@stlawu.edu, 315-854-0077

Region III/Niagara

Host: Rochester Institute of Technology

Site: Fredonia Genesee Valley Park – Rochester, New York

Meet Director: Jeff Siegel, jssatl@rit.edu, 585-475-6389

Region IV/Mid-Atlantic

Host: Dickinson College

Site: Big Spring High School Cross Country Course – Newville, Pennsylvania

Meet Director: Don Nichter, nichter@dickinson.edu, 717-385-5316

Region V/Metro

Host: Rowan University

Site: Dream Park – Logan Township, New Jersey

Meet Director: Dustin Dimit, dimit@rowan.edu, 856-265-5804

Region VI/Great Lakes

Host: Spalding University

Site: E.P. Tom Sawyer Park – Louisville, Kentucky

Meet Director:

Region VII/South

Host: Roanoke College

Site: Green Hill Park – Salem, Virginia

Meet Director: Derek Workman, workman@roanoke.edu, 724-831-9701

Region VIII/North

Host: University of Wisconsin-Eau Claire

Site: Whitetail Golf Course – Colfax, Wisconsin

Meet Director: Chip Schneider, schnechi@uwec.edu, 715-836-5016

Region IX/Midwest

Host: Wartburg College

Site: Max Cross Country Course – Waverly, Iowa

Meet Director: Ryan Chapman, ryan.chapman@wartburg.edu, 319-352-8292

Region X/West

Host: Pomona-Pitzer Colleges

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

Meet Director: Kirk Reynolds, kreynolds@pomona.edu, 909-621-8429

2025 Division III Cross Country Championships

November 22

Host: Converse College

Site: Roger Millikin 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 20.

Regional entries are due via the DirectAthletics system by 11:59 p.m. Eastern Sunday, Nov. 9.

Entries received after the deadline and up until 5 p.m. Eastern Tuesday, Nov. 11, 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. 11 at 5 p.m. Eastern time.

Each regional host will post preliminary entry lists on their respective regional websites by noon Eastern Wednesday, Nov. 12.

National championships field posted on NCAA.com by 3 p.m. Eastern Sunday, Nov. 16.