

## **2026 Division III Cross Country Regionals**

**November 14**

### **Region I/East**

Host: Bates College

Site: Wainwright Sports Complex – South Portland, Maine

Meet Director: Danny Feldman, 207-786-6356, [dfeldman@bates.edu](mailto:dfeldman@bates.edu)

### **Region II/Mideast**

Host: Trinity College (CT)

Site: Wickham Park – Manchester, Connecticut

Meet Director: John Michael Mason, 781-454-6028, [johnmichael.mason@trincoll.edu](mailto:johnmichael.mason@trincoll.edu)

### **Region III/Niagara**

Host: The State University of New York at Fredonia

Site: Fredonia Campus XC Course – Fredonia, New York

Meet Director: Thomas Wilson, 716-673-3700, [Thomas.wilson@fredonia.edu](mailto:Thomas.wilson@fredonia.edu)

### **Region IV/Mid-Atlantic**

Host: Lock Haven University of Pennsylvania

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

Meet Director: Aaron Russell, 570-916-5716, [arussell@lockhaven.edu](mailto:arussell@lockhaven.edu)

### **Region V/Metro**

Host: Moravian University

Site: Lehigh Goodman Campus Cross Country Course – Bethlehem, Pennsylvania

Meet Director: Jon D'Ottavio, 610-329-4200, [dottavioj@moravian.edu](mailto:dottavioj@moravian.edu)

### **Region VI/Great Lakes**

Host: The University of Olivet and the Lansing Sports Commission

Site: Forest Akers East – East Lansing, Michigan

Meet Director: Barbara Powers-Garmyn, 517-643-2067, [bpowers@lansing.org](mailto:bpowers@lansing.org)

### **Region VII/South**

Host: University of Lynchburg

Site: Panorama Farms – Earlysville, Virginia

Meet Director: Jon Waters, 757-286-2381, [waters.j@lynchburg.edu](mailto:waters.j@lynchburg.edu)

### **Region VIII/North**

Host: St. Olaf College

Site:

Meet Director:

### **Region IX/Midwest**

Host: Augustana College (IL)

Site:

Meet Director: Chad Gunnelson,

### **Region X/West**

Host: Whitworth University

Site:

Meet Director:

## **2026 Division III Cross Country Championships**

November 21

Host: Carleton College

Site:

Meet Director:

### **Important Dates**

#### **Regionals and Nationals**

The Division III online entry form should be made available by 8 a.m. Eastern time, Monday, October 19.

Regional entries are due via the DirectAthletics system by 11:59 p.m. Eastern Sunday, Nov. 8.

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.