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

Region II/Mideast
Host: Trinity College (CT)
Site: Wickham Park – Manchester, Connecticut
Meet Director: John Michael Mason, 781-454-6028, 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

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

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

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

Region VII/South
Host: University of Lynchburg
Site: Panorama Farms – Earlysbille, Virginia
Meet Director: Jon Waters, 757-286-2381, waters.j@lynchburg.edu

Region VIII/North
Host: St. Olaf College
Site: Tostrud Center – Northfield, Minnesota
Meet Director: Erika Maker, 507-786-222, maker1@stolaf.edu

Region IX/Midwest
Host: Augustana College (IL)
Site: Saukie Golf Course – Rock Island, Illinois
Meet Director: Chad Gunnelson, 608-658-6538, chadgunnelson@augustana.edu

Region X/West
Host: Whitworth University and the Spokane Sports Commission
Site: The Course Spokane Valley – Spokane Valley, Washington
Meet Director: Toby Schwarz, 509-869-3965, tschwarz@whitworth.edu

2026 Division III Cross Country Championships

November 21

Host: Carleton College

Site: Carleton College Bill Huyck Championship Cross Country Course

Meet Director: Marcel Diggs, 389-956-4433, mdiggs@carleton.edu

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. 11.

National championships field posted on NCAA.com by 3 p.m. Eastern Sunday, Nov. 15.