



*2016 DIVISION III*  
**CROSS COUNTRY**  
**CHAMPIONSHIPS**

***PRE-CHAMPIONSHIPS***  
***2016-17 MANUAL***

# NCAA General Administrative Guidelines

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# Section 1 • Introduction

During the 2016-17 academic year, the Association will sponsor 90 national championships – 42 for men, 45 for women, and three for both men and women. Among the men's championships, three are National Collegiate Championships, 13 are Division I championships, 12 are Division II championships and 14 are Division III championships. Among the women's championships, six are National Collegiate Championships, 12 are Division I championships, 13 are Division II championships and 14 are Division III championships. The combined men's and women's championships are National Collegiate Championships.

The Pre-Championship Manual will serve as a resource for institutions to prepare for the championship. This manual is divided into three sections: General Administrative Guidelines, Sport-Specific Information, and Appendixes.

The first section applies to policies applicable to all 90 championships, while the other two sections are sport-specific

## Section 1•1 Definitions

**Pre-Championship Manual.** Resource for institutions to prepare for the championship.

**Administrative Meeting.** Pre-championship meeting for coaches and administrators.

**Appendixes.** Any supplemental documents to be provided and distributed through the various resources.

**Championship Administrator.** The NCAA staff member responsible for the operational oversight of the championship.

**Games Committee.** The committee assigned to supervise the conduct of each championship session at a specific site. For finals sites, the games committee is typically the NCAA National Committee.

**NCAA National Committee.** The sport committee with direct oversight responsibilities for the championship.

**Playing Rules.** The rules under which the competition will be conducted.

**Predetermined Sites.** Those sites that are selected to host before the participant/team selections announcement.

**Preliminary Rounds.** The rounds of the championship before the final or championship round.

**Regional Alignment.** The geographic location of institutions or regional advisory committees.

**Schedule of Events.** Official event schedule – includes all required activities (e.g., practices, banquets, etc.).

**Selection Criteria.** Policies and procedures in place to guide the selection process.

**Site Selection.** Policies and procedures in place to guide the site selection process.

**Squad Size.** Number of student-athletes per team allowed to dress in uniform and participate at the championship.

**Tournament Physician.** The physician designated by the host institution/conference to serve as the chief medical advisor for the championship.

## Section 2 • Championship Core Statement

The championships and alliances staff strives to administer competition in a fair, safe, equitable and sportsmanlike manner so that the experience of the student-athlete is paramount.

This is attained by:

**Ensuring** student-athletes' optimal experience.

**Executing** championship events reflecting appropriate quality and values to/for stakeholders – student-athletes, coaches, administrators, member institutions, sport committees, fans, broadcast partners and corporate champions/partners.

**Coordinating** all aspects of the championship in an efficient, effective manner through common operating policies and practices, using internal and external resources.

**Integrating** championships with broadcast and corporate relationships in a manner that maintains the integrity of the championship.

**Assuring** effective management of the business aspects of the operation.

**Enhancing** the assets of the NCAA and their value by collaborating with internal and external expertise to achieve heightened exposure (e.g., community programs, fan events, banquets, anniversaries, etc.).

## Section 3 • Concussion Management

*[Reference: Concussion Management in Constitution 3.2.4.18 in the NCAA Division I Manual, Constitution 3.3.4.16 in the NCAA Division II Manual, and Constitution 3.2.4.16 in the NCAA Division III Manual.]*

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Traveling institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance. Within the rules of the sport and policies established for the championship, medical staff should have access to the injured student-athlete without interference (e.g., coach).

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having more severe and/or long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details, please refer to the NCAA Sports Medicine Handbook for additional guidance on concussions online at: <http://www.ncaapublications.com/p-4374-2014-15-ncaa-sports-medicine-handbook.aspx>.

## Section 4 • Conduct

### Section 4•1 Certification of Eligibility/Availability

*[Reference: Certification of Eligibility/Availability in Constitution 3.2.4 and Bylaws 12, 13, 14, 15, 16, 31.2.1.7.1, 31.2.1.7.1.2 and 31.2.2 in the NCAA Division I, Manuals Constitution 3.3.4 in the NCAA Division II Manual and Bylaws 31.2.2 and 31.2.1.5 in the NCAA Division III Manual.]*

Only student-athletes eligible under Bylaws 12, 13, 14, 15 and 16 may compete in NCAA championships. Member institutions are required to certify the eligibility of their student-athletes before the beginning of each academic year and to withhold ineligible student-athletes from all intercollegiate competition.

Member institutions are reminded to notify the NCAA national office before the selection date for each championship of any student-athlete who may have participated in regular-season competition but subsequently is determined to be ineligible or unavailable for NCAA championship competition.

#### DISCOVERY OF INELIGIBILITY OF A STUDENT-ATHLETE AFTER SELECTION

If an institution fails to report an ineligible student-athlete and the omission is not discovered until after the institution is selected to participate in the championship, necessitating the institution's withdrawal from the championship, that withdrawal

## GENERAL ADMINISTRATIVE GUIDELINES

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shall be considered as one of the years of ineligibility, provided another institution participates in the championship in place of the disqualified institution. If the discovery of the ineligible student-athlete occurs so near the beginning of the championship that the governing sports committee does not have a reasonable period of time to replace the disqualified institution in the bracket, that fact shall be taken into consideration in determining the number of years the disqualified institution shall be ineligible to participate.

### Section 4•2 Drug Testing

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*[Reference: Bylaws 18.4.1.4 and 31.2.3 in the NCAA Division I Manual and Bylaws 18.4.1.5 and 31.2.3 in the NCAA Division II, and III Manuals.]*

Student-athletes who compete in NCAA championships may be subjected to drug tests in accordance with Bylaws 18.4.1.4 (Division I); 18.4.1.5 (Divisions II and III) and 31.2.3, and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for these championships; and thereafter, student-athletes who are tested shall remain eligible only if they test negative.

### Section 4•3 Honesty and Sportsmanship

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Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics and all participating student-athletes shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.

### Section 4•4 Misconduct/Failure to Adhere to Policies

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#### MISCONDUCT

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship, that discredits the event or intercollegiate athletics. Each games committee shall hold an administrative meeting with the representatives of participating institutions to review and explain the policies related to misconduct.

#### FAILURE TO ADHERE TO POLICIES AND PROCEDURES

A governing sport committee may assess a financial penalty against an institution for failure of any of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes, but is not limited to, failure to comply with the procedures and deadlines for submitting scores, score sheets, schedules, rosters and entry/march-in forms for qualification and other materials necessary for the efficient administration of the competition. [Click here](#) to see the full misconduct/failure to adhere policy and procedure and fines.

### Section 4•5 Sports Wagering Policy

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Sports wagering includes placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

The prohibition against sports wagering applies to any institutional practice or any competition (intercollegiate, amateur or professional) in a sport in which the Association conducts championship competition, in bowl subdivision football and in emerging sports for women.

A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner, etc.) in exchange for the possibility of gaining another item of value.

## STUDENT-ATHLETES

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through internet gambling, a bookmaker, a parlay card or any other method employed by organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

## POSTSEASON

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

## HOSTING OPPORTUNITIES

No predetermined or non-predetermined session of an NCAA championship may be conducted in a state with legal wagering that is based on single-game betting on the outcome of any event (i.e., high school, college or professional) in a sport in which the NCAA conducts a championship.

## Section 4•6 Student-Athlete Experience Survey

After each championship, student-athletes will be asked to participate in a post-event survey intended to capture feedback on their recent championship experience. Institutional administrators will be copied on the email and asked to ensure participation from all student-athletes and coaches.

## Section 5 • Elite 90 Award

The Elite 90 award was created to recognize the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The award is presented in every sport, every division, and goes to the student-athlete who has the highest cumulative GPA of all student-athletes on all teams competing at the finals site. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. One student-athlete per championship will receive the award, and the announcement of the winner will be made at the finals site.

Institutions that wish to nominate a student-athlete must do so through an online nomination process. To receive more information or access the online form and submit a nomination, go to [NCAA.org](http://NCAA.org).

## Section 6 • Fan Travel

NCAA Travel provides an easy and affordable way for family and fans to follow their favorite student-athletes and team(s) as they participate in NCAA championships competition. Travel arrangements completed through NCAA Travel help support NCAA student-athletes. Please direct your fans to [NCAA.com/travel](http://NCAA.com/travel) to search and book online hotel, car and air travel, all in one easy transaction.

## Section 7 • Logo Policy

*[Reference: Bylaws 12.5.4, 31.1.7 and 31.1.8 in the NCAA Division I Manual, Bylaw 12.5.4 in the NCAA Division II Manual and Bylaw 12.5.3 in the NCAA Division III Manual.]*

A student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics

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equipment or apparel manufacturer or distributor in athletics competition and pre- and postgame activities (e.g., celebrations on the court, pre- or postgame press conferences), provided the following criteria are met:

1. Athletics equipment (e.g., shoes, helmets, baseball bats and gloves, batting or golf gloves, hockey and lacrosse sticks, goggles and skis) shall bear only the manufacturer's normal label or trademark, as it is used on all such items for sale to the general public; and
2. The student-athlete's institution's official uniform (including numbered racing bibs and warm-ups) and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, swim caps and towels) shall bear only a single manufacturer's or distributor's normal label or trademark (regardless of the visibility of the label or trademark), not to exceed 2¼ square inches in area (rectangle, square, parallelogram) including any additional material (e.g., patch) surrounding the normal trademark or logo. The student-athlete's institution's official uniform and all other items of apparel shall not bear a design element similar to the manufacturer's trademark/logo that is in addition to another trademark/logo that is contrary to the size restriction.

## Section 8 • Research

It is essential that all research efforts be coordinated by a single entity within the national office structure in order to ensure maximum efficiency and quality, avoid unnecessary duplication of effort on the part of staff and membership, allow the NCAA to prioritize research efforts given the limited time and resources of our members and adhere to federal guidelines on the responsibilities of researchers to properly protect research participants from harm.

For the purpose of this policy, "research" is defined as any systematic collection of data for the purpose of drawing generalized conclusions.

Any proposal to conduct research must be submitted to the NCAA research staff for review at least six weeks before the project begins. Research to be conducted during NCAA championships or related events, and which involves competing student-athletes or attendees, is also subject to review. This includes all research, including that conducted by or under the direction of any employee, contractor or paid consultant of the NCAA. It also includes any research conducted by other persons, but funded totally or in part by the NCAA. Any research that detracts from the student-athlete experience or requires physical activity may not be permitted at the championships (preliminary and finals sites). The NCAA retains sole discretion as to whether to allow such research.

Examples of activities considered research include: Conducting surveys of athletics administrators, college presidents, faculty, coaches and student-athletes; leading an organized focus group; funding an outside study under the auspices of the NCAA; conducting market research at championship events; secondary analysis of data originally collected by the NCAA

from people for other purposes; any systematic collection of data from the membership or other entities; etc.

## Section 9 • Division III

### Section 9•1 Division III Philosophy

The Division III championships philosophy is to field the most competitive teams possible while minimizing missed class time; to emphasize regional competition in regular-season scheduling; and to provide representation in NCAA championship competition by allocating berths to eligible conferences, independent institutions and a limited number of at-large teams, realizing that this may be done at the expense of leaving out some championship-caliber teams.

### Section 9•2 Commencement Conflicts

If an institution's commencement conflicts with participation in the championship, it shall inform the NCAA championship administrator in writing one week before the selection date for the governing sports committee to consider an accommodation and a change to the championship schedule.

The following guidelines apply to commencement requests:

- Applies to team sports only.
- The governing sports committee, in consultation with participating institutions, may reschedule the game on the nearest possible date.
- Does not apply to predetermined finals sites.
- The governing sports committee shall make a good-faith effort to accommodate participating institutions in non-predetermined preliminary-round contests with multiple teams participating at the same site.

## Section 9•3 Religious Conflicts

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**Institutional Policy.** If a participating institution has a written policy against competition on a particular day for religious reasons, it shall inform the NCAA national office before May 1 of the preceding academic year to be excused from competing on that day. The notification shall be valid for a period of two years. The championship schedule shall be adjusted to accommodate that institution, and such adjustment shall not require its team or an individual competitor to compete before the time originally scheduled.

**Individual Championships.** In individual championships, a student-athlete must compete according to the institution's policy regarding Sunday competition (if the institution has no policy against Sunday competition, the student-athlete shall compete on Sunday if required by the schedule).



# Division III Cross Country

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# Section 1 • General Administration

## Section 1•1 NCAA Tournament Operations Staff Contact Information

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317-917-6245 / [lhorvat@ncaa.org](mailto:lhorvat@ncaa.org)

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317-917-6507 / [lgodby@ncaa.org](mailto:lgodby@ncaa.org)

## Section 1•2 National Committee

Current members of the committee are as follows:

### ATLANTIC REGION

**Thomas Thomasson Jr.**  
Associate Director of Athletics and Recreational Services  
Rutgers, The State University of New Jersey, Camden

### GREAT LAKES REGION

**Bill Ross, chair**  
Associate Director of Athletics and Recreation Services  
Allegheny College

### MIDWEST REGION

**Derek Stanley**  
Head Men's and Women's Cross Country/Assistant Men's  
and Women's Track and Field Coach  
University of Wisconsin-La Crosse

### SOUTH/SOUTHEAST REGION

**Natalie Bach-Prather**  
Head Men's and Women's Cross Country/Track and Field  
Coach  
East Texas Baptist University

### CENTRAL REGION

**Chris Daymont**  
Head Women's Cross Country Coach  
St. Olaf College

### MIDEAST REGION

**Donald Nichter**  
Head Cross Country and Track and Field Coach  
Dickinson College

### NEW ENGLAND REGION

**Kelly Scafariello**  
Senior Woman Administrator/Associate Athletics Director  
Salve Regina University

### WEST REGION

**Michael Orechia**  
Director of Cross Country and Track and Field  
University of Puget Sound

For additional information about the NCAA Division III Men's and Women's Cross Country Championships, contact:

**Liz Horvat**  
Assistant Director, Championships and Alliances  
317-917-6245 / [lhorvat@ncaa.org](mailto:lhorvat@ncaa.org)

**Bill Ross, chair**  
814-332-2316 / [wross@allegheny.edu](mailto:wross@allegheny.edu)

## Section 1•3 Important Dates

<b>Sept. 1</b>	First date of allowable competition.
<b>Monday, Oct. 10</b>	Deadline for receipt of regional information from regional sites to sponsoring institutions.
<b>Sunday, Nov. 6</b>	5 p.m. Eastern time. Deadline for receipt of entry via the <a href="#">DirectAthletics</a> system. In order to be considered for selection to the championships, all institutions must ensure that the results from all eligible competition opportunities (i.e., those that take place between the seventh weekend prior to the NCAA regional meet, Sept. 24 through Nov. 6) in which their student-athletes compete are reported by the meet host to TFRRS-XC) through the online provider Direct Athletics.

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<b>Tuesday, Nov. 8</b>	Late entries and corrections must be submitted online to Direct Athletics by 5 p.m. Eastern time. Late entries and corrections are subject to a \$400 fine per team and gender and must be approved by the NCAA Division III Men's and Women's Track and Field and Cross Country Committee. No further regional entries will be accepted after this deadline.
<b>Wednesday, Nov. 9</b>	Noon Eastern time. Each regional host will post preliminary entry lists on the respective regional websites.
<b>Saturday, Nov. 12</b>	Regional qualifying meets.
<b>Sunday, Nov. 13</b>	1 p.m. Eastern time – Championships fields posted on the ncaa.com.  9 p.m. Eastern time – Deadline for coaches to notify NCAA committee of any student-athletes or teams who will not be participating in the national championship. NOTE: Coaches must declare or scratch all student-athletes entered. No action will constitute a scratch from the meet.  9 p.m. Eastern time – Roster changes due on DirectAthletics for championships.
<b>Saturday, Nov. 19</b>	Championships finals at Tom Sawyer State Park in Louisville, Kentucky, hosted by Spalding University and the Louisville Sports Commission. The women's race will begin at 11 a.m. Eastern time and the men's race will begin at noon Eastern time.

### CHAMPIONSHIP DATES AND SITES

All dates for regionals are Nov. 12.

The NCAA Division III Men's and Women's Cross Country Championships will be held Nov. 19 at Tom Sawyer State Park in Louisville, Kentucky, hosted by Spalding University and the Louisville Sports Commission.

The sites of the regional qualifying meets, along with the names, telephone numbers and email addresses of the meet directors are as follows:

#### ATLANTIC

Host: Rowan University  
Site: Rowan University West Campus  
City, State: Glassboro, New Jersey  
Meet Director: Dan Gilmore  
856-256-4686 / [gilmore@rowan.edu](mailto:gilmore@rowan.edu)

#### MIDWEST

Host: University of Wisconsin-Oshkosh  
Site: Lake Breeze Golf Club  
City, State: Winneconne, Wisconsin  
Meet Director: Vicci Stimac  
920-424-1384 / [stimacv@uwosh.edu](mailto:stimacv@uwosh.edu)

#### CENTRAL

Host: Carleton College  
Site: Carleton College Arboretum  
City, State: Northfield, Minnesota  
Meet Director: Donna Ricks  
507-222-4485 / [dricks@carleton.edu](mailto:dricks@carleton.edu)

#### NEW ENGLAND:

Host: Westfield State University  
Site: Stanley Park  
City, State: Westfield, Massachusetts  
Meet Directors: Richard Lenfest / Robert Rausch  
413-572-8229 / 413-572-5392  
[rlnfest@westfield.ma.edu](mailto:rlnfest@westfield.ma.edu) / [rtausch@westfield.ma.edu](mailto:rtausch@westfield.ma.edu)

#### GREAT LAKES

Host: Hope College  
Site: West Ottawa Golf Club  
City, State: Holland, Michigan  
Meet Director: Tim Schoonveld  
616-395-7698 / [schoonveld@hope.edu](mailto:schoonveld@hope.edu)

#### SOUTH/SOUTHEAST

Host: Berry College  
Site: Berry College Clara Bowl  
City, State: Mount Berry, Georgia  
Meet Directors: Todd Brooks / Paul Deaton  
706-236-1721 / 706-290-2147  
[tbrooks@berry.edu](mailto:tbrooks@berry.edu) / [pdeaton@berry.edu](mailto:pdeaton@berry.edu)

#### MIDEAST

Host: DeSales University  
Site: Billera Hall  
City, State: Center Valley, Pennsylvania  
Meet Director: Gracia Perilli  
610-282-1100 ext. 1218 / [gracia.perilli@desales.edu](mailto:gracia.perilli@desales.edu)

#### WEST

Host: Willamette University  
Site: Bush's Pasture Park  
City, State: Salem, Oregon  
Meet Directors: Jaela Dinsmore / Matt McGuirk  
503-370-6630 / 503-370-6898  
[jdinsmor@willamette.edu](mailto:jdinsmor@willamette.edu) / [mmcguirk@willamette.edu](mailto:mmcguirk@willamette.edu)

## DATE FORMULA

The Division III Men’s and Women’s Cross Country Championships will be held the Saturday before Thanksgiving. The regional qualifying meets will be held the Saturday prior to the championships.

## FUTURE DATES

	Regional Competition	Championships	Site
2017	Saturday, Nov. 11	Saturday, Nov. 18	North Farm Facility, Elsah, Illinois

## Section 1•4 Rules

*[Reference: Bylaw 31.1.6 in the NCAA Manual]*

Per NCAA Bylaw 17.30, member institutions shall conduct all of their intercollegiate competition in accordance with the playing rules of the Association in all sports for which the NCAA develops playing rules. For those sports in which the Association follows rules that are developed by other governing bodies and are modified by the governing sports committee, the adopted playing rules shall be used. The governing sports committee will not consider any results for selection purposes that are not played in accordance with the NCAA rules, or those adopted by an outside organization.

The 2015-2016 NCAA Men’s and Women’s Cross Country/Track and Field Rules Book will be followed. The men’s races will be 8,000 meters at regional and national competitions. The women’s races will be 6,000 meters at regional and national competition.

## Section 1•5 Uniforms

In all events and award ceremonies, competitors must wear the uniform (warm-ups included) of the institution they represent in the championships.

Uniforms for all cross country team members must meet the following criteria: (1) School issued; if they are singlets, they must be identical; (2) pants may be of any length but must have the identical primary color; and (3) visible undergarments must be of an identical solid color.

Uniforms must be clean and of a material and design so as not to be objectionable.

Bare midriff tops are not acceptable. (Note: The uniform top must meet or hang below the waist band when the competitor is standing.) Uniforms must allow for competitors’ numbers to be placed above the waist and for hip numbers to be placed on the hip, not on the leg or thigh. Uniform tops must not obscure hip numbers.

## LOGOS

Refer to [General Administrative Guidelines, Section 7](#).

# Section 2 • Determination of Championship Participation

## Section 2•1 Selections Information

### TEAM SELECTION

Teams (32 per gender) will be selected in the following manner:

- 16 teams will automatically qualify (two per region from the regional championships);
- 16 at-large teams will be selected by the committee to be determined using the criteria listed below;
- Regional performance/place is the primary piece of the criteria, as a team cannot be selected to the championships over a team it finished behind at its respective regional.
- Nullification (Bylaw 31.02.4).

### Team At-Large Selection

The selection criteria below will be considered to select the at-large teams.

- Regional place/performance;
- Head-to-head competition with teams already in the championships field and other potential at-large teams using late-season performance comparisons; Note: Late-season performance (a team's meet that occurs on or after Sept. 24 but before regionals) that meets the following criteria will be used during the selection process:
  - A team runs at least three of its student-athletes who will compete for their institution at regionals.
  - The race length must be at least 5 kilometers or 3 miles for the women, and 8 kilometers or 4 miles for the men.
  - The meet must be scored in accordance with the scoring procedures in the NCAA Men's and Women's Cross Country/Track and Field Rules Book.
- Common opponents using late-season performance comparisons;
- Regional meet results — point gap for place of a team's finish and total team score versus the team that placed ahead of it and behind it; and
- Late-season meet results — point gap for place of a team's finish versus the team that placed ahead of and behind it.

### INDIVIDUALS SELECTION

Individuals (56 per gender) will be selected in the following manner:

- 56 individuals will automatically qualify (top seven per region from the regional championships);
- Remove the team championship qualifiers from regionals and renumber the remaining individuals (not with a qualifying team) to determine the top seven qualifiers per region.
- Nullification (Bylaw 31.02.4).

### TOTAL COMPETITORS (PER GENDER)

32 teams of seven competitors each	=	224
Individuals	=	56
Total	=	280

### BREAKING TIES

Ties in regional qualifying meets in team competition shall be broken for the purpose of advancement to the championships finals by comparing the place finish of each team member 1-5 versus his or her respective competitor on the opposing team (Team A's first finisher vs. Team B's first finisher, etc.) The advancement advantage goes to the team winning the majority (best of five) of the comparisons.

If more than two teams are tied, the criteria are applied in the same sequence until only one team remains. If the tie cannot be broken using the five-point system, the average time of each team's top five finishers will be used.

## Section 2•2 Entry Information

In order to be considered for selection to the 2016 cross country championships, all institutions must ensure that the electronic submission of results from all eligible competition opportunities (i.e., those that take place between the seventh weekend before the NCAA regional meet and leading up to the NCAA regional meet, Sept. 24 through Nov. 6) in which their student-athletes compete is completed by the meet host in the Track and Field Results-Reporting System (TFRRS-XC) through the online provider DirectAthletics. This new cross country results-reporting system is an expansion of the existing TFRRS site with a similar operational setup as track and field.

Only the official electronically-reported meet results as submitted by the meet host in TFRRS-XC will serve as proof of performance for all NCAA Division III cross country competitions. The former results-reporting procedure is discontinued and coaches will no longer be required to submit their results and roster designations. Results will be made available on a real-time basis at [www.tfrrs.org](http://www.tfrrs.org).

Responsibilities for host institutions and meet directors in submitting performances are summarized below.

All NCAA cross country results must be reported to the Track and Field Results Reporting System for Cross Country (TFRRS-XC) directly from meet-management software using the JSON and XML APIs. By standardizing to one format, meet hosts and timers can upload cross country results to TFRRS-XC seamlessly from compliant meet-management software without handling files or manipulating results data. This will simplify the upload process and help eliminate reporting errors.

Please note that support for legacy file formats has been discontinued and results will only be accepted directly from compliant meet-management software.

Host institutions will be responsible for working with their timing/results companies to ensure that they are using updated and compliant software that supports the submission of all required meet data in the new JSON or XML format. **If all required data is not submitted to TFRRS-XC in the necessary JSON or XML format, the results will not be accepted into the results-reporting system, making the results invalid for NCAA championships selections.**

### TEAM ROSTERS

Institutions that sponsor NCAA Division III men's and women's cross country will be required to register and maintain their official team roster with TFRRS-XC **by their first competition**. Each student-athlete will be assigned a unique TFRRS-XC tracking ID that will identify the student-athlete throughout his or her collegiate career. Note: This is the same ID number used for indoor and outdoor track and field, and users will be able to import existing TFRRS athletes into their cross country roster upon logging in. This ID will not change from season to season; however, institutions will be required to register their roster each season to confirm eligibility status. Roster registration for the cross country championships season is now available on TFRRS-XC.

### Accounts are per TEAM

You could have up to four accounts per institution (men's cross country, women's cross country, men's track and field, and women's track and field). Your DirectAthletics username/password are the exact same as your TFRRS-XC username/password (and vice versa). The majority of you should have DirectAthletics cross country accounts due to submitting your cross country regional entries in the system in years past. Only new coaches would warrant the need to create a new account. Even if the users are different for an institution (different cross country coach than track coach), the system will still bring up the rosters from the institution for you to import student-athletes from track to cross country and cross country to track.

Detailed account information and instructions to set up meets and download team rosters in preparation for uploading 2016 cross country results are available for meet hosts, meet directors and timers at [www.tfrrs.org](http://www.tfrrs.org) (select the link for Meet Director/Timer Information). Take particular note of the Frequently Asked Questions document posted which highlights the following:

1. For the purpose of running a meet, any meet director/timer can download the rosters of TFRRS-XC teams (with TFRRS-XC IDs) at no cost to the meet director/timer. All TFRRS rosters and IDs will be available for download in file formats easily imported into timing software;

## DIVISION III CROSS COUNTRY

2. Meet hosts may use their method of choice to manage meet entries;
3. It is the responsibility of the meet directors/timers to collect valid TFRRS-XC IDs from the entering teams, regardless of the meet entry method;
4. Institutions registered with TFRRS-XC also can print out or download their TFRRS-XC rosters (with IDs) to facilitate the entry process.

If you experience technical difficulty using the TFRRS-XC system, please contact DirectAthletics ([support@directathletics.com](mailto:support@directathletics.com); phone: 347-674-3002), and notify the NCAA national office ([lhovrat@ncaa.org](mailto:lhovrat@ncaa.org) or 317-917-6245) if the difficulty will trigger a late fine.

### MEET RESULTS

It will be the responsibility of the meet HOST to submit complete meet results that include all team scores/places to TFRRS-XC by midnight Eastern time, one day after the completion of a competition. Results may not be considered for championships selection if meet results are not received from the host within the designated time period. Participating institutions must ensure that the electronic submission of results from any competition in which their student-athletes compete is reported by the meet host within five days of the performance and **not later than 5 p.m. Eastern time Sunday, Nov. 6.**

Meet hosts will be responsible for uploading results electronically with TFRRS-XC ID numbers listed for all eligible NCAA student-athletes, requiring that TFRRS-XC ID numbers be imported or typed in for each student-athlete before running a meet. When official meet results are uploaded to TFRRS-XC, all performances achieved by eligible NCAA Division III student-athletes, and team scores, will be archived in the results-reporting database.

Results will be accepted only for student-athletes on the institution's TFRRS-XC roster form. The submission of incorrect performances may result in the disqualification of the student-athlete and/or team. If a result is submitted more than five days after the qualifying performance and the performance is the basis for championships selection, the institution of the selected student-athlete will be subject to a fine.

### RESULTS REPORTING

At the end of each day of competition at the championships, an electronic copy of the results for all regional/championships competition must be sent to the NCAA Statistics Dept. ([ncaastats@ncaa.org](mailto:ncaastats@ncaa.org)) at the NCAA national office. A complete set of results should also be sent immediately after the end of the competition as well. If you have any questions, please contact Liz Horvat ([lhovrat@ncaa.org](mailto:lhovrat@ncaa.org)).

### REGIONAL AND NATIONAL ENTRY FORMS

Coaches will be allowed to submit a maximum of 10 student-athletes on the entry form. Only the 10 student-athletes listed on the entry form may compete in the regional and/or national championships meets (see exception noted below).

Online entries will be available on DirectAthletics beginning Monday, Oct. 31, at 8 a.m. Eastern time. **Coaches must submit the forms ONLINE by 5 p.m. Eastern time, Sunday, Nov. 6. The late deadline for regional entries is 5 p.m. Eastern time, Tuesday, Nov. 8.** Forms received after the Nov. 6 deadline and before the late deadline will be subject to a fine of \$400 per team (men's and women's teams are considered separate teams). This includes corrections to the original submission or additions/deletions to the submission.

After the regional championships, coaches will have until 9 p.m. Eastern time the Sunday before nationals to make changes to their rosters on DirectAthletics for the national championships. NOTE: All student-athletes must be declared or scratched from the meet. No action will result in a scratch. The system will shut down at 9 p.m. Eastern time, so please give yourself enough time to make the necessary changes to your roster.

Any exceptions to the roster policy will be considered only in extraordinary circumstances and should be addressed in writing to the Track and Field and Cross Country Committee, and NCAA championships manager. Each institution should print a copy of its entry forms to hand-carry to the regional and national sites.

## Section 2•3 Participation Procedures

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### TRAVEL INFORMATION/TRAVEL PARTY

Refer to the NCAA Travel and Reimbursement policies for all information regarding transportation and per diem expenses. These policies are located at <http://www.ncaa.org/championships/travel/championships-travel-information>.

### SQUAD SIZE

*[Reference: Bylaw 31.1.5 in the NCAA Manual.]*

Participating teams are limited to a maximum of seven runners in uniform. An institution that is advised it is in violation of this regulation and does not promptly conform to it shall automatically forfeit the competition. There shall be no inordinate delay of the competition to allow the institution to conform to the rule.

Institutions entering five to seven runners in the regional or national championships must compete as a team. If an institution enters as a team in the regional competition and qualifies for nationals as a team, it must run as a team at nationals. If fewer than five competitors from one institution compete in the regional or national championships, they will compete as individuals only.

### REGIONALS PACKET PICKUP

Procedures will be communicated by the meet director and included in the participant manual, which is posted on the meet website. Packets can be picked up only by the participating institution.

### REGIONAL ADMINISTRATIVE MEETING

Coaches participating in the regional and final site competition are required to attend a meeting before the competition. Attendance at the meetings will be taken and coaches not in attendance are subject to a fine of \$200 per gender per institution.



## Appendix • Sport Sponsorship

### MEN'S SPONSORSHIP

#### ATLANTIC REGION (70)

\*Alfred State College (active 2018-19)

Alfred University

Bard College

Baruch College

College at Brockport, State University of New York

Brooklyn College

Buffalo State, State University of New York

State University of New York at Canton

Cazenovia College

Centenary University (New Jersey)

The City College of New York

Clarkson University

State University of New York at Cobleskill

State University of New York at Cortland

Drew University

Elmira College

Fairleigh Dickinson University, Florham

Farmingdale State College

The State University of New York at Fredonia

State University of New York at Geneseo

Hamilton College

Hartwick College

Hobart College

Houghton College

Hunter College

Ithaca College

John Jay College of Criminal Justice

Keuka College

Lehman College

Manhattanville College

State University of New York Maritime College

Medgar Evers College

Morrisville State College

Mount Saint Mary College (New York)

College of Mount St. Vincent

Nazareth College

New Jersey City University

The College of New Jersey State University of New York at New Paltz

New York University

State University College at Old Westbury

State University of New York at Oneonta

State University of New York at Oswego

Plattsburgh State University of New York

State University of New York at Potsdam

Purchase College, State University of New York

Ramapo College

Rensselaer Polytechnic Institute

University of Rochester

Rochester Institute of Technology

Rowan University

Rutgers, The State University of New Jersey, Camden

Rutgers, The State University of New Jersey, Newark

The Sage Colleges

Sarah Lawrence College

St. John Fisher College

St. Joseph's College (Brooklyn)

St. Joseph's College (Long Island)

St. Lawrence University

State University of New York Polytechnic Institute

College of Staten Island

Stevens Institute of Technology

Stockton University

U.S. Merchant Marine Academy

Union College (New York)

Utica College

Vassar College

Wells College

Yeshiva University

York College (New York)

**\*Not eligible for NCAA championship competition.**

**CENTRAL REGION (32)**

Augsburg College  
 Bethany Lutheran College  
 Bethel University (Minnesota)  
 Buena Vista University  
 Carleton College  
 Central College (Iowa)  
 Coe College  
 Concordia College, Moorhead  
 Cornell College  
 Crown College (Minnesota)  
 University of Dubuque  
 Grinnell College  
 Gustavus Adolphus College  
 Hamline University  
 \*Illinois Institute of Technology (active 2018-19)  
 Loras College

Luther College  
 Macalester College  
 Martin Luther College  
 University of Minnesota, Morris  
 Nebraska Wesleyan University  
 North Central University  
 Northland College  
 University of Northwestern-St. Paul  
 Simpson College  
 St. John's University (Minnesota)  
 Saint Mary's University of Minnesota  
 St. Olaf College  
 The College of St. Scholastica  
 University of St. Thomas (Minnesota)  
 Wartburg College  
 University of Wisconsin-Superior

**GREAT LAKES REGION (39)**

Adrian College  
 Albion College  
 Allegheny College  
 Alma College  
 Anderson University (Indiana)  
 Baldwin Wallace University  
 Bluffton University  
 Calvin College  
 Capital University  
 Case Western Reserve University  
 Defiance College  
 Denison University  
 DePauw University  
 Earlham College  
 Franklin College  
 Hanover College  
 Heidelberg University  
 Hope College  
 John Carroll University  
 Kalamazoo College

Kenyon College  
 Manchester University  
 Marietta College  
 Mount St. Joseph University  
 University of Mount Union  
 Muskingum University  
 Oberlin College  
 Ohio Northern University  
 Ohio Wesleyan University  
 Olivet College  
 Otterbein University  
 Rose-Hulman Institute of Technology  
 Spalding University  
 Transylvania University  
 Trine University  
 Wabash College  
 Wilmington College (Ohio)  
 Wittenberg University  
 College of Wooster

**\*Not eligible for NCAA championship competition.**

**MIDEAST REGION (72)**

Albright College  
 Alvernia University  
 Arcadia University  
 Bethany College (West Virginia)  
 \*Bryn Athyn College (active 2017-18)  
 Cabrini College  
 Cairn University  
 Carnegie Mellon University  
 Chatham University  
 Clarks Summit University  
 D'Youville College  
 Delaware Valley University  
 DeSales University  
 Dickinson College  
 Eastern University  
 Elizabethtown College  
 Franciscan University of Steubenville  
 Franklin & Marshall College  
 Frostburg State University  
 Gallaudet University  
 Geneva College  
 Gettysburg College  
 Goucher College  
 Grove City College  
 Gwynedd Mercy University  
 Haverford College  
 Hilbert College  
 Hood College  
 Immaculata University  
 Johns Hopkins University  
 Juniata College  
 Keystone College  
 King's College (Pennsylvania)  
 La Roche College  
 Lancaster Bible College  
 Lebanon Valley College

Lycoming College  
 Marywood University  
 McDaniel College  
 Medaille College  
 Messiah College  
 Misericordia University  
 Moravian College  
 Mount Aloysius College  
 Muhlenberg College  
 Neumann University  
 \*Pennsylvania College of Technology (active 2017-18)  
 Pennsylvania State University Erie, the Behrend College  
 Penn State Harrisburg  
 Penn State Berks College  
 Penn State University, Abington  
 University of Pittsburgh, Bradford  
 University of Pittsburgh, Greensburg  
 Rosemont College  
 Salisbury University  
 University of Scranton  
 St. Mary's College of Maryland  
 Saint Vincent College  
 Stevenson University  
 Susquehanna University  
 Swarthmore College  
 Thiel College  
 Thomas More College  
 Ursinus College  
 University of Valley Forge  
 Washington and Jefferson College  
 Waynesburg University  
 Wesley College  
 Westminster College (Pennsylvania)  
 Widener University  
 Wilkes University  
 York College (Pennsylvania)

**\*Not eligible for NCAA championship competition.**

**MIDWEST REGION (46)**

Augustana College (Illinois)  
 Aurora University  
 Beloit College  
 Benedictine University (Illinois)  
 Blackburn College  
 Carroll University (Wisconsin)  
 Carthage College  
 University of Chicago  
 Concordia University Chicago  
 Concordia University Wisconsin  
 Dominican University (Illinois)  
 Edgewood College  
 Elmhurst College  
 Eureka College  
 Fontbonne University  
 Greenville College  
 Illinois College  
 Illinois Wesleyan University  
 Knox College  
 Lake Forest College  
 Lakeland College  
 Lawrence University  
 Maranatha Baptist University

Marian University (Wisconsin)  
 Millikin University  
 Milwaukee School of Engineering  
 Monmouth College (Illinois)  
 North Central College  
 North Park University  
 Principia College  
 Ripon College  
 Rockford University  
 St. Norbert College  
 Washington University in St. Louis  
 Webster University  
 Westminster College (Missouri)  
 Wheaton College (Illinois)  
 Wisconsin Lutheran College  
 University of Wisconsin-Eau Claire  
 University of Wisconsin-La Crosse  
 University of Wisconsin-Oshkosh  
 University of Wisconsin-Platteville  
 University of Wisconsin-River Falls  
 University of Wisconsin-Stevens Point  
 University of Wisconsin-Stout  
 University of Wisconsin-Whitewater

**\*Not eligible for NCAA championship competition.**

**NEW ENGLAND REGION (71)**

Amherst College  
 Anna Maria College  
 Babson College  
 Bates College  
 Bowdoin College  
 Brandeis University  
 Bridgewater State University  
 Castleton University  
 Clark University (Massachusetts)  
 Colby College  
 Colby-Sawyer College  
 Connecticut College  
 Daniel Webster College  
 Eastern Connecticut State University  
 Eastern Nazarene College  
 Elms College  
 Emerson College  
 Emmanuel College (Massachusetts)  
 Endicott College  
 Fitchburg State University  
 Framingham State University  
 Gordon College  
 Green Mountain College  
 Husson University  
 Johnson & Wales University (Rhode Island)  
 Johnson State College  
 Keene State College  
 Lasell College  
 Lesley University  
 Lyndon State College  
 University of Maine, Presque Isle  
 Maine Maritime Academy  
 University of Maine, Farmington  
 Massachusetts College of Liberal Arts  
 Massachusetts Institute of Technology  
 Massachusetts Maritime Academy

University of Massachusetts Boston  
 University of Massachusetts, Dartmouth  
 Middlebury College  
 Mitchell College  
 Mount Ida College  
 University of New England  
 New England College  
 Newbury College  
 Nichols College  
 Norwich University  
 Pine Manor College  
 Plymouth State University  
 Regis College (Massachusetts)  
 Rhode Island College  
 Rivier University  
 Roger Williams University  
 Salve Regina University  
 University of Southern Maine  
 Southern Vermont College  
 Springfield College  
 Saint Joseph's College (Maine)  
 Suffolk University  
 Thomas College  
 Trinity College (Connecticut)  
 Tufts University  
 U.S. Coast Guard Academy  
 Wentworth Institute of Technology  
 Wesleyan University (Connecticut)  
 Western New England University  
 Westfield State University  
 Wheaton College (Massachusetts)  
 Wheelock College  
 Williams College  
 Worcester Polytechnic Institute  
 Worcester State University

**\*Not eligible for NCAA championship competition.**

**SOUTH/SOUTHEAST REGION (52)**

Austin College  
 Averett University  
 \*Belhaven University (active 2019-20)  
 \*Berea College (active 2017-18)  
 Berry College  
 Birmingham-Southern College  
 Bridgewater College (Virginia)  
 Catholic University  
 Centre College  
 Christopher Newport University  
 Concordia University Texas  
 Covenant College  
 University of Dallas  
 East Texas Baptist University  
 Eastern Mennonite University  
 Emory and Henry College  
 Emory University  
 Ferrum College  
 Guilford College  
 Hampden-Sydney College  
 Hardin-Simmons University  
 Hendrix College  
 LaGrange College  
 LeTourneau University  
 Louisiana College  
 Lynchburg College

University of Mary Washington  
 Marymount University (Virginia)  
 Maryville College (Tennessee)  
 \*McMurry University (active 2018-19)  
 Methodist University  
 Millsaps College  
 Oglethorpe University  
 University of the Ozarks (Arkansas)  
 Piedmont College  
 Randolph College  
 Rhodes College  
 Roanoke College  
 Rust College  
 Schreiner University  
 Shenandoah University  
 University of the South  
 Southern Virginia University  
 Southwestern University (Texas)  
 Sul Ross State University  
 Texas Lutheran University  
 University of Texas at Dallas  
 The University of Texas at Tyler  
 Trinity University (Texas)  
 Virginia Wesleyan College  
 Washington and Lee University  
 William Peace University

**WEST REGION (20)**

California Institute of Technology  
 California Lutheran University  
 University of California, Santa Cruz  
 Chapman University  
 Claremont McKenna-Harvey Mudd- Scripps Colleges  
 Colorado College  
 George Fox University  
 University of La Verne  
 Lewis & Clark College  
 Linfield College

Occidental College  
 Pacific Lutheran University  
 Pacific University (Oregon)  
 Pomona-Pitzer Colleges  
 University of Puget Sound  
 University of Redlands  
 Whitman College  
 Whittier College  
 Whitworth University  
 Willamette University

**\*Not eligible for NCAA championship competition.**

## WOMEN'S SPONSORSHIP

### ATLANTIC REGION (72)

\*Alfred State College (active 2018-19)  
 Alfred University  
 Bard College  
 Baruch College  
 College at Brockport, State University of New York  
 Brooklyn College  
 Buffalo State, State University of New York  
 State University of New York at Canton  
 Cazenovia College  
 Centenary University (New Jersey)  
 The City College of New York  
 Clarkson University  
 State University of New York at Cobleskill  
 State University of New York at Cortland  
 Drew University  
 Elmira College  
 Fairleigh Dickinson University, Florham  
 Farmingdale State College  
 The State University of New York at Fredonia  
 State University of New York at Geneseo  
 Hamilton College  
 Hartwick College  
 Houghton College  
 Hunter College  
 Ithaca College  
 John Jay College of Criminal Justice  
 Keuka College  
 Lehman College  
 Manhattanville College  
 State University of New York Maritime College  
 Medgar Evers College  
 Montclair State University  
 Morrisville State College  
 Mount Saint Mary College (New York)  
 College of Mount St. Vincent  
 Nazareth College

New Jersey City University  
 The College of New Jersey  
 State University of New York at New Paltz College of New Rochelle  
 New York University  
 State University College at Old Westbury  
 State University of New York at Oneonta  
 State University of New York at Oswego  
 Plattsburgh State University of New York  
 State University of New York at Potsdam  
 Purchase College, State University of New York  
 Ramapo College  
 Rensselaer Polytechnic Institute  
 University of Rochester  
 Rochester Institute of Technology  
 Rowan University  
 Rutgers, The State University of New Jersey, Camden  
 Rutgers, The State University of New Jersey, Newark  
 The Sage Colleges  
 Sarah Lawrence College  
 St. John Fisher College  
 St. Joseph's College (Brooklyn)  
 St. Joseph's College (Long Island)  
 St. Lawrence University  
 State University of New York Polytechnic Institute  
 College of Staten Island  
 Stevens Institute of Technology  
 Stockton University  
 U.S. Merchant Marine Academy  
 Union College (New York)  
 Utica College  
 Vassar College  
 Wells College  
 William Smith College  
 Yeshiva University  
 York College (New York)

**\*Not eligible for NCAA championship competition.**

**CENTRAL REGION (33)**

Augsburg College  
 Bethany Lutheran College  
 Bethel University (Minnesota)  
 Buena Vista University  
 Carleton College  
 Central College (Iowa)  
 Coe College  
 Concordia College, Moorhead  
 Cornell College  
 Crown College (Minnesota)  
 University of Dubuque  
 Grinnell College  
 Gustavus Adolphus College  
 Hamline University  
 \*Illinois Institute of Technology (active 2018-19)  
 Loras College  
 Luther College

Macalester College  
 Martin Luther College  
 University of Minnesota, Morris  
 Nebraska Wesleyan University  
 North Central University  
 Northland College  
 University of Northwestern-St. Paul  
 Simpson College  
 College of Saint Benedict  
 St. Catherine University  
 Saint Mary's University of Minnesota  
 St. Olaf College  
 The College of St. Scholastica  
 University of St. Thomas (Minnesota)  
 Wartburg College  
 University of Wisconsin-Superior

**GREAT LAKES REGION (39)**

Adrian College  
 Albion College  
 Allegheny College  
 Alma College  
 Anderson University (Indiana)  
 Baldwin Wallace University  
 Bluffton University  
 Calvin College  
 Capital University  
 Case Western Reserve  
 Defiance College  
 Denison University  
 DePauw University  
 Earlham College  
 Franklin College  
 Hanover College  
 Heidelberg University  
 Hope College  
 John Carroll University  
 Kalamazoo College

Kenyon College  
 Manchester University  
 Marietta College  
 Mount St. Joseph University  
 University of Mount Union  
 Muskingum University  
 Oberlin College  
 Ohio Northern University  
 Ohio Wesleyan University  
 Olivet College  
 Otterbein University  
 Rose-Hulman Institute of Technology  
 Spalding University  
 Saint Mary's College (Indiana)  
 Transylvania University  
 Trine University  
 Wilmington College (Ohio)  
 Wittenberg University  
 College of Wooster

**\*Not eligible for NCAA championship competition.**



**MIDEAST REGION (75)**

Albright College  
 Alvernia University  
 Arcadia University  
 Bethany College (West Virginia)  
 \*Bryn Athyn College (active 2017-18)  
 Bryn Mawr College  
 Cabrini College  
 Cairn University  
 Carnegie Mellon University  
 Cedar Crest College  
 Chatham University  
 Clarks Summit University  
 D'Youville College  
 Delaware Valley University  
 DeSales University  
 Dickinson College  
 Eastern University  
 Elizabethtown College  
 Franciscan University of Steubenville  
 Franklin & Marshall College  
 Frostburg State University  
 Gallaudet University  
 Geneva College  
 Gettysburg College  
 Goucher College  
 Grove City College  
 Gwynedd Mercy University  
 Haverford College  
 Hilbert College  
 Hood College  
 Immaculata University  
 Johns Hopkins University  
 Juniata College  
 Keystone College  
 King's College (Pennsylvania)  
 La Roche College  
 Lancaster Bible College  
 Lebanon Valley College

Lycoming College  
 Marywood University  
 McDaniel College  
 Medaille College  
 Messiah College  
 Misericordia University  
 Moravian College  
 Mount Aloysius College  
 Muhlenberg College  
 Neumann University  
 Notre Dame of Maryland University  
 \*Pennsylvania College of Technology (active 2017-18)  
 Pennsylvania State University Erie, the Behrend College  
 Penn State Harrisburg  
 Penn State Berks College  
 Penn State University, Abington  
 University of Pittsburgh, Bradford  
 University of Pittsburgh, Greensburg  
 Rosemont College  
 Salisbury University  
 University of Scranton  
 St. Mary's College of Maryland  
 Saint Vincent College  
 Stevenson University  
 Susquehanna University  
 Swarthmore College  
 Thiel College  
 Thomas More College  
 Ursinus College  
 University of Valley Forge  
 Washington and Jefferson College  
 Waynesburg University  
 Wesley College  
 Westminster College (Pennsylvania)  
 Widener University  
 Wilkes University  
 York College (Pennsylvania)

**\*Not eligible for NCAA championship competition.**

**MIDWEST REGION (48)**

Alverno College  
 Augustana College (Illinois)  
 Aurora University  
 Beloit College  
 Benedictine University (Illinois)  
 Blackburn College  
 Carroll University (Wisconsin)  
 Carthage College  
 University of Chicago  
 Concordia University Chicago  
 Concordia University Wisconsin  
 Dominican University (Illinois)  
 Edgewood College  
 Elmhurst College  
 Eureka College  
 Fontbonne University  
 Greenville College  
 Illinois College  
 Illinois Wesleyan University  
 Knox College  
 Lake Forest College  
 Lakeland College  
 Lawrence University  
 Maranatha Baptist University

Marian University (Wisconsin)  
 Millikin University  
 Milwaukee School of Engineering  
 Monmouth College (Illinois)  
 Mount Mary University  
 North Central College  
 North Park University  
 Principia College  
 Ripon College  
 Rockford University  
 St. Norbert College  
 Washington University in St. Louis  
 Webster University  
 Westminster College (Missouri)  
 Wheaton College (Illinois)  
 Wisconsin Lutheran College  
 University of Wisconsin-Eau Claire  
 University of Wisconsin-La Crosse  
 University of Wisconsin-Oshkosh  
 University of Wisconsin-Platteville  
 University of Wisconsin-River Falls  
 University of Wisconsin-Stevens Point  
 University of Wisconsin-Stout  
 University of Wisconsin-Whitewater

**\*Not eligible for NCAA championship competition.**

## DIVISION III CROSS COUNTRY

### NEW ENGLAND REGION (77)

Amherst College	University of Massachusetts, Dartmouth
Anna Maria College	Middlebury College
Babson College	Mitchell College
Bates College	Mount Holyoke College
Bay Path University	Mount Ida College
Bowdoin College	University of New England
Brandeis University	New England College
Bridgewater State University	Newbury College
Castleton University	Nichols College
Clark University (Massachusetts)	Norwich University
Colby College	Pine Manor College
Colby-Sawyer College	Plymouth State University
Connecticut College	Regis College (Massachusetts)
Curry College	Rhode Island College
Daniel Webster College	Rivier University
Eastern Connecticut State University	Roger Williams University
Eastern Nazarene College	Salve Regina University
Elms College	Simmons College
Emerson College	Smith College
Emmanuel College (Massachusetts)	University of Southern Maine
Endicott College	Southern Vermont College
Fitchburg State University	Springfield College
Framingham State University	University of St. Joseph (Connecticut)
Gordon College	Saint Joseph's College (Maine)
Green Mountain College	Suffolk University
Husson University	Thomas College
Johnson & Wales University (Rhode Island)	Trinity College (Connecticut)
Johnson State College	Tufts University
Keene State College	U.S. Coast Guard Academy
Lasell College	Wellesley College
Lesley University	Wesleyan University (Connecticut)
Lyndon State College	Western New England University
University of Maine, Presque Isle	Westfield State University
Maine Maritime Academy	Wheaton College (Massachusetts)
University of Maine, Farmington	Wheelock College
Massachusetts College of Liberal Arts	Williams College
Massachusetts Institute of Technology	Worcester Polytechnic Institute
Massachusetts Maritime Academy	Worcester State University
University of Massachusetts Boston	

**\*Not eligible for NCAA championship competition.**

**SOUTH/SOUTHEAST REGION (58)**

Agnes Scott College  
 Austin College  
 Averett University  
 \*Belhaven University (active 2019-20)  
 \*Berea College (active 2017-18)  
 Berry College  
 Birmingham-Southern College  
 Bridgewater College (Virginia)  
 Catholic University  
 Centre College  
 Christopher Newport University  
 Concordia University Texas  
 Covenant College  
 University of Dallas  
 East Texas Baptist University  
 Eastern Mennonite University  
 Emory and Henry College  
 Emory University  
 Ferrum College  
 Guilford College  
 Hardin-Simmons University  
 Hendrix College  
 Hollins University  
 LaGrange College  
 LeTourneau University  
 Louisiana College  
 Lynchburg College  
 Mary Baldwin College  
 University of Mary Washington

Marymount University (Virginia)  
 Maryville College (Tennessee)  
 \*McMurry University (active 2018-19)  
 Meredith College  
 Methodist University  
 Millsaps College  
 North Carolina Wesleyan College  
 Oglethorpe University  
 University of the Ozarks (Arkansas)  
 Piedmont College  
 Randolph College  
 Rhodes College  
 Roanoke College  
 Rust College  
 Salem College  
 Schreiner University  
 Shenandoah University  
 University of the South  
 Southern Virginia University  
 Southwestern University (Texas)  
 Sul Ross State University  
 Sweet Briar College  
 Texas Lutheran University  
 University of Texas at Dallas  
 The University of Texas at Tyler  
 Trinity University (Texas)  
 Virginia Wesleyan College  
 Washington and Lee University  
 William Peace University

**WEST REGION (21)**

California Institute of Technology  
 California Lutheran University  
 University of California, Santa Cruz  
 Chapman University  
 Claremont McKenna-Harvey Mudd- Scripps Colleges  
 Colorado College  
 George Fox University  
 University of La Verne  
 Lewis & Clark College  
 Linfield College  
 Mills College

Occidental College  
 Pacific Lutheran University  
 Pacific University (Oregon)  
 Pomona-Pitzer Colleges  
 University of Puget Sound  
 University of Redlands  
 Whitman College  
 Whittier College  
 Whitworth University  
 Willamette University

**\*Not eligible for NCAA championship competition**