2026 MIAA Cross Country Championships
Hosted by Northwest Missouri State University
Saturday, November 7, 2026

Meet Information

Race Schedule:
8:00 AM – Course Opens
9:50 AM – National Anthem
10:00 AM – Men's Championship Race (8,000 meters)
11:00 AM – Women's Championship Race (6,000 meters)
12:00 PM – Awards Presentation

Awards: The award presentation will follow the protest period and will be held at the finish line. Finishers 11-20 will be recognized as Second Team All-MIAA, finishers 1-10 will be recognized as First Team All-MIAA and Team Champions will be recognized.

Entries: Entries open up on Monday, October 26th at 12:00pm and close on Tuesday, November 3rd at 6:00 PM on Direct Athletics. You will be allowed to enter a maximum of 10 athletes per team on Direct Athletics but you can make changes to that list with the timer during the course inspection and bib numbers will be reassigned if changes need to be made.

Entry List: Initial entry list will be emailed to coaches on Tuesday November 3rd no later than 8:00pm. Final entries after declarations during course inspection will be emailed out on Friday, November 6th by 7:00 pm.

Course Inspection/Practice: Course inspection and team practice will be Friday, November 6th from 2:00 pm till Dusk.

Coaches Meeting: Coaches meeting will be a virtual meeting held on Wednesday, November 4th at 10:00 am.

Timing/Results: Live results will be available at results.blacksquirreltiming.com/. We plan to have 3 split mats on the course. Final results will be posted by the finish line following the conclusion of each race.

Box Assignments: Starting boxes will be drawn by the timer at random and will be emailed to everyone with the initial entry list on Tuesday, November 3.

Team Camps: Team camps will be available across 50th street, West of the starting line.

Admissions: We will charge for parking. Prepay online $10 per vehicle. Day of parking on site $15 per vehicle

Athletic Training: On Friday, NW Missouri athletic trainer will be available on the course during practice time. On Saturday, the NW Missouri athletic training staff will be available at the finish line starting two hours before the first race and will be available through the end of the awards ceremony. Please contact NW Missouri Head Athletic Trainer Chapin Yourison 224-688-5412 or at cwehde@nwmissouri.edu regarding any athletic training needs prior to your arrival.

Officials:
Referee- Steve Davidson
Starters- Kevin Harrison
Timer/Entries- Eric Wellman, Black Squirrel Timing

Contacts: Cody Ingold-Meet Director, Assistant Track & Field, 402-689-7827 Cingold@nwmissouri.edu

Course Location and Parking Information

Course: Griffon Cross Country Course is located on the East side of Campus. You can only access the course from Mitchell Ave, via 50th St.

Drop Off: Vans will proceed to van parking in Gravel Lot **P**
Buses will drop off at the top of the hill (**X**). There is a cut through to Team Camps from that point.
Due to one way traffic, the buses will continue to Riverside to get back to campus for Parking. (See Map)

Parking: **Vans or small team vehicles** (**BLUE LINE**) - We will have parking passes available for each Institution. Please pick up passes at packet pick-up. Vans or small team vehicles will be allowed to park in Lot **P** or Lot **O**.
Buses (**RED LINE**) - After drop-off please proceed to Riverside Rd., turn RIGHT. Proceed to Mitchell and turn RIGHT on Mitchell to the first street light which is Southeast University. Turn RIGHT to enter campus and take your next immediate left into Parking Lot **B**.
Spectators - Proceed to the parking checkpoint at Lot **O**. We will fill Lot **O**, once filled overflow parking will be in Lot **Q**.

