



2025 Cross Country Championships

Timeline

- 8:00 am: Race packets available for pickup. Athletic trainer available near the Atlantic East tent
- 8:45 am: Coaches' meeting at Atlantic East tent
- 9:30 am: First Gun Fired (*30 minutes from the start of the first race*).
- 9:35 am: National Anthem
- 9:40 am: Second Gun Fired (20 minutes from the race)
All men's athletes must be on the line to be clerked. Coaches should return any unused bibs to the clerks at least 20 minutes prior to the race.
- 9:50 am: Final Gun Fired (10 minutes from the race)
Coaches should leave the starting area.
- 10:00 am: Men's Race Starts
- 10:30 am: First Gun Fired (30 minutes from the start of the women's race).
- 10:40 am: Second Gun Fired (20 minutes from the race):
All women's athletes must be on the line to be clerked. Coaches should return any unused bibs to the clerks at least 20 minutes prior to the race.
- 10:50 am: Final Gun Fired (10 minutes from the race)
Coaches should leave the starting area.
- 11:00 am: Women's Race Starts
- ~approx 12:25 pm: Awards ceremony will begin approximately 45 minutes after the completion of the women's race.
- Men's Elite Scholar-Athlete Award
 - Men's Rookie of the Year (*if not in the top 14*)
 - Men's 2nd Team All-Conference (*places 14-8*)
 - Men's 1st Team All-Conference (*places 7-1, top 3 receive medals*)
 - Men's Coaching Staff of the Year
 - Men's Team Results (in reverse order, top 2 receive awards)
 - Men's Coaching Staff of the Year
 - Women's Elite Scholar-Athlete Award
 - Women's Rookie of the Year (*if not in the top 14*)
 - Women's 2nd Team All-Conference (*places 14-8*)
 - Women's 1st Team All-Conference (*places 7-1, top 3 receive medals*)
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