



116th Annual IC4A and 42nd ECAC Cross Country Championship
Van Cortlandt Park, New York
Friday October 17, 2025

Championship Information

The 116th Annual IC4A and 42nd ECAC Cross Country Championship will be held at **Van Cortlandt Park, Bronx, New York on Friday, October 17.**

Race Time Information

This year the meet will consist of four races.

OPEN Race (8k/6K Combined – if needed)

10:00 a.m.

ECAC Championship Race (6000 Meters)

10:45 a.m.

IC4A Championship Race (8000 Meters)

11:30 a.m.

Awards Ceremony

To Follow

Contact Information

Dylan Clark

Assistant Commissioner

203-745-2786

DClark@ecac.org

Brian Horowitz

Meet Director/Host School - Fordham University

914-391-2195

bhorowitz@fordham.edu

Tom Stewart

IC4A Administrator

413-454-3886

tstewart@hcc.edu

IC4A/ECAC EXECUTIVE COMMITTEE

Tom Stewart – Meet Administrator

Todd Wolin – Meet Referee

Joe Compagni – Technical Advisor

John Kenworthy, Brown University – President, IC4A/ECAC Coaches Association
Dan Mecca, Army West Point – Past Past President, IC4A/ECAC Coaches Association
Nicole Dumpson, Associate Head Coach T&F / XC, Central Connecticut State University
Chris Sauer, Iona University – Member At Large & ECAC/IC4A Weekly info website
Delethea Quarles, Director of Track/XC, James Madison University – Member At Large
Wesley Stephens, Head Coach, Fairleigh Dickson University – Member at Large
Michael Scott, Assistant Coach, Lafayette College – Member At Large

Entry Information & Race Declarations

To enter for both ICAAAA and ECAC Races: Enter your athletes via DirectAthletics. Please also declare by sending an email to Brian Horowitz at bhorowitz@fordham.edu and Tom Stewart at tstewart@hcc.edu indicating your intention to compete this year prior to the entry deadline.

DirectAthletics will be open from September 12 until 5:00 pm on Tuesday, October 14.

The number of names listed on your team entry roster is unlimited, at an entry fee of \$15.00 per name for the first twenty-five (25) names. There is no fee for any names in excess of 25.

10 runners per team are permitted in the Championship Races, and an unlimited number may compete in the Open Race. You do not need to declare your “top 10” in advance, but you should only send a maximum of 10 to the starting line of each Championship Race. You are urged to make a copy of your completed entry roster for your records. An Open race will be held for men/women if necessary, based on field size (to be determined once entries close). If no Open race is needed, teams will be able to run more than 10 athletes per gender in the Championship races.

If an Open race is held, any runner after 10 in the Championship Race will cause a disqualification as follows: starting or finishing an 11th runner DQs the 1st finisher for that team, 12th runner will DQ the 2nd finishers for that team, and so on as needed.

Team Fees*

The ECAC will charge each school **\$100.00** per team per gender they bring, plus a fee of \$15 per athlete.

Entry Fees Example for a team bringing 15 men and 15 women:

1. Team Fee: \$100 Men, \$100 Women.
2. An individual entry fee of \$15.00 per athlete for each athlete entered through DirectAthletics. 15 men is \$225. 15 women is \$225.
- 3: Total Due: Men: \$325. Women: \$325
4. The maximum total entry fee for any school is \$475 per gender.

Please note that Men's and Women's entries are calculated separately.

******- In our continuing effort to manage the cost of attending the IC4A/ECAC championships, in the weeks leading up to each championship we may be able to decrease event entry fees slightly. If we are able to do this, it will be announced before entries are due.

Late Entries

Any team entry roster received after 5:00 PM on Tuesday, October 14, will be considered “LATE”. However, IC4A/ECAC Policies & Procedures permits accepting late team entry rosters up until the absolute deadline of 5:00 pm on Thursday, October 16.

Late team entry rosters are subject to an additional late penalty fee of \$50.00 per individual, not to exceed a maximum of \$150.00 per roster.

All late team entry rosters must be accompanied by a petition, on school letterhead, to Tom Stewart (tstewart@hcc.edu), the IC4A Administrator, requesting consideration for a late entry, with the appropriate penalty fee check attached.

Team Packets

Team packets will be available at Van Cortlandt Park on meet day starting at 8:30 a.m. These packets will contain competitors' numbers, pins, rosters, and starting boxes.

Competition Numbers

Numbers will be assigned to each declared runner and must be securely pinned on the runner's outside shirt, on the front only, just above the waist so it can be plainly visible. All competitors are to have their singlets and numbers in place when they report to the starting line, 10 minutes before the race. Nothing is to be worn over any portion of this number during the race, and, if the runner's number is not visible at the finish line, they may not show up in the results.

Start and Post Positions

Teams and runners will report to the start 10 minutes prior to scheduled time of each race. Your team's post position will be indicated on a form in your team packet. NCAA uniform guidelines will be followed and checked by the Clerk of Course unless announced otherwise,

Finish Chute

The top twenty-five (25) finishers in the championship races will be ushered into a chute and given their medals/certificates as All-East honorees. Please remind your athletes to keep moving through to the end of the chute area to ensure athlete safety.

Scoring

The first five (5) finishers from each team will score. The sixth (6th) and seventh (7th) finishers will not score but will displace. A team's eighth (8th) and higher finishers have no bearing on the scoring or displacement. A minimum of five (5) finishers are required to establish a team score. NCAA scoring guidelines will be followed.

Awards

IC4A and ECAC team trophies will be awarded to the top three (3) teams. The winning team will receive ten (10) medals. Seven (7) members of the runner-up and third place teams in the Championship races will receive team medals. Additionally, the top twenty-five (25) individuals in Championship races will receive medals/certificates as they proceed through the finish chute in both races as All-East honorees.

In addition to team championships, the top twenty five (25) finishers in the ECAC Championship race and the top twenty five (25) finishers in the IC4A Championship race will receive "All-East" recognition.

Results

Preliminary results should be available immediately by the finish line. Full results will be available about 30 minutes after the finish of each race at the finish area. Live results will be at **Leone Timing**. Results will also be available on the ECAC website (www.ecacsports.com) and Fordham's website (fordhamsports.com) by Friday evening.

Medical

There will be appropriate medical personnel, ambulance, and certified trainers on site at Van Cortlandt Park during all of the races. Visiting trainers from participating schools may utilize the trainer's facility at Van Cortlandt Park to treat their competitors on the day of the Championship.

Car and Van Parking

Limited parking may be available at the Manhattan College Broadway parking lot for vans and cars. More information will be shared closer to race day. Buses cannot be accommodated in that lot.

Buses

Buses may not double-park along Broadway. They will be ticketed. Please see the attached bus parking map and share with your bus drivers on the day of the Championship.

Tents

10x10 pop up tents are permitted. **No Staking**, per NYC Park System rules. Tents must have open sides for security checks. No setups that require vehicles to bring in the tents are allowed.

Garbage

Each school should clean up their area before departing. Contracted events such as ours require permit holders to collect and remove garbage. Please help us continue our partnership with Van Cortlandt Park

Security

Competitors are cautioned to check all of their valuables with their own coach/team. The ECAC/IC4A, Van Cortlandt Park, NYC Parks and Fordham University are not responsible for any loss of property.

Media

The ECAC will send out a PDF of results to all participating institution's SIDs. Timing will be provided by **Leone Timing**. Live results will be available on-site as well. A link for results will be available on the Leone Timing site and will be provided prior to race day.

Course Maps

The 6K course is the same course that was run at the NCAA D1 Northeast Regional Championships hosted in 2023 by Columbia University. The 8K course will also be run on loops that will be similar to those used for the 10K course at the NCAA D1 Northeast Regional. Course maps are attached and any changes will be provided to all schools at a later date if necessary. At this time, no changes are expected from the course used last year.

Past Champions

Last year, the George Mason University men (61 points) were the IC4A Champions, followed by Harvard University (2nd, 73); Bucknell University (3rd, 118) and Colgate University (4th, 136).

Yale University won the 2024 ECAC Championship (52 points), followed by Bucknell (2nd, 103); UMass-Amherst (3rd, 109); and George Mason (4th, 157).

More than 500 athletes from nearly 50 single gender teams competed at the 2024 Championships.

A full list of past champions can be found at www.ecac.org.

A complete history of the IC4A/ECAC Championships for cross country and track & field, developed by Todd Wolin, is available here: <https://ic4a-ecactrackandfieldcrosscou.godaddy.com/>