Longwood Lancers
Big South

Last NCAA Tournament Appearance: 2024

Current Status: Bubble
Projected JNG Seed: 16
Head Coach: Ronnie Thomas
School: 20-19 (2 seasons)
Career: 20-19

Record		H/R/N/B		NET/WAB/SOS		Resume		Predictive		KenPom	
Overall	4-3	Home	4-0	NET	1	KPI	1	BPI	206	AdjO	232
vs D1	2-3	Road	0-3	WAB	1	SOR	237	T-R	234	AdjD	211
Conference	0-0	Neutral	0-0	N/C WAB	1	JNG	207	KenPom	219	Tempo	66
vs Tier 1-2	0-2	vs Board	0-0	SOS	1	AVG	148.3	AVG	219.7	Luck	165
vs Tier 1-3	0-3			N/C SOS	1	OAR: 227 (128.4 avg)*				Streak	L1

Average JNG Win: 306.0

Wins Tier 1 1-30/1-50/1-75

JNG	Date	Opponent	Score

Wins Tier 2 31-75/51-100/76-135

JNG	Date	Opponent	Score

Wins Tier 3 76-160/101-200/136-240

JNG	Date	Opponent	Score

Wins Tier 4 161+/201+/241+

JNG	Date	Opponent	Score
263	11/18	VMI	82-76
349	11/07	North Carolina Central	80-75 ot
--	11/02	Pfeiffer	123-67
--	11/10	St Mary's (MD)	101-45

Average JNG Loss: 139.0

Loss Tier 1 1-30/1-50/1-75

JNG	Date	Opponent	Score

Loss Tier 2 31-75/51-100/76-135

JNG	Date	Opponent	Score
87	*11/04*	*@ St. Joseph's*	*82-73*
114	11/14	@ Old Dominion	80-74

Loss Tier 3 76-160/101-200/136-240

JNG	Date	Opponent	Score
216	11/21	@ East Tennessee State	74-68

Loss Tier 4 161+/201+/241+

JNG	Date	Opponent	Score

REMAINING SCHEDULE

Date	JNG	Opponent
11/25	96	@ George Mason*
11/29	353	Maryland-Eastern Shore*
12/02	247	Campbell*
12/06	126	@ James Madison*
12/12	362	@ Delaware State*
12/16	203	@ Elon*
12/19	218	Morgan State*
12/22	85	@ Georgia Tech*
12/28	--	Lynchburg*
01/01	320	Charleston Southern
01/03	296	Presbyterian
01/06	359	@ Winthrop
01/13	322	@ UNC-Asheville
01/16	280	Radford
01/20	361	Gardner-Webb
01/23	31	@ High Point
01/28	364	USC-Upstate
01/30	320	@ Charleston Southern
02/03	359	Winthrop
02/06	296	@ Presbyterian
02/11	361	@ Gardner-Webb
02/13	322	UNC-Asheville
02/20	280	@ Radford
02/25	31	High Point
02/27	364	@ USC-Upstate

Glossary:

NET: NCAA NET Metric
WAB: Wins Above Bubble (NCAA Metric)
KPI: kpisports.net / Kevin Pauga
SOR: espn.com Strength of Record
JNG: hoopshd.com / Joby Fortson
BPI: espn.com BPI Ratings
T-R: barttorvik.com / Torvik Rankings
KenPom: kenpom.com / Ken Pomeroy
AdjO: Adjusted Offensive Efficiency per kenpom.com
AdjD: Adjusted Defensive Efficiency per kenpom.com
Tempo: Adjusted Tempo per kenpom.com
Luck: Luck Ranking per kenpom.com

OAR: Overall Average Ranking (average of NET, KPI, SOR, WAB, POM, BPI and T-R ranked 1-365)
Projected JNG Seed: NCAA Tournament Seed per the JNG Rating if this team qualifies for the NCAA Tournament
* Games marked with an * are non-conference games

Longwood DEFCON Game Ratings for Wednesday, November 25, 2026

DEFCON 1

Time (ET)	Matchup	Broadcast	Desired Winner
7:00 PM	Longwood at George Mason	espn+	Longwood

DEFCON 3

Time (ET)	Matchup	Broadcast	Desired Winner
8:00 PM	Omaha vs UC-Davis	flohoops	Omaha

DEFCON 5

Time (ET)	Matchup	Broadcast	Desired Winner
12:30 PM	Wright State vs Yale	ESPN2	Wright State
1:00 PM	Lindenwood at Stony Brook	flohoops	Lindenwood
9:00 PM	Eastern Washington at Loyola Marymount	espn+	Eastern Washington