

Frontier Valley Conference
Cross Country Meet

Date: Tuesday, October 11th 2016

Place: Bacone College 2299 Old Bacone Road Muskogee, OK

Starting Times: 3:30 Coaches Meeting

4:00 Girls Varsity (5k)

4:30 Boys Varsity (5k)

5:00 Girls JV (5K)

5:30 Boys JV (5K)

6:00 JH Girls (3200m)

6:30 JH Boys (3200m)

Team Awards: 1st place trophy or plaques for all divisions.

Individual Awards: Medals for top 15 finishers in ALL races.

Restrooms: Porta Potties on site.

Entries: Send rosters in excel or google sheets format to Philip West at westusmc@hotmail.com. Deadline for entries 10/10 @5:00pm

Water: Bottled water will be provided for each runner at the finish line and water tables will be set up by the start line but not for each camp.

Emergencies: School trainers will be onsite in case of emergencies. Please make sure your athletes are hydrated before coming to meet.

Parking: Coaches, can park on west side of Bacone Campus next to Bacone busses in old shopping parking lot.

If you have any questions, call or email angie.hillmon@mpsi20.org

918-685-1164