

FRONTIER VALLEY CONFERENCE CROSS COUNTRY MEET

DATE: Tuesday, October 11th, 2022

TIME: Packet pickup will begin at *3:00 pm*. First race starts at *4:00 pm*.

LOCATION: The correct or proximate location at the Hatbox Sports Complex is 500 S 40th Street, Muskogee, OK. The area is a sprawling sports complex and 3601 S Arline Ave puts you a little to the east at the baseball/softball fields from the soccer fields/cross country course.

Entries: All team entries must be completed online at www.runenduroussa.com

Entry deadline is Monday, October 10th at 5:00 PM.

For any entries or roster change questions, contact martin@i40raceservice.com

Course: The course will be a flat course, very spectator friendly, that consists of 1 big 2-mile loop, then a smaller 1-mile loop for high school and 1 big 2-mile loop for middle school.

Restrooms: There will be indoor restrooms and porta potties will be available

AWARDS: 1st Place Trophy or plaques for all divisions. Medals to top 15 finishers in ALL races

Timing/Scoring: We will have computer timing and scoring at the finish line.

Start times:

4:00 Varsity Girls 5k (7 Runners)

4:30 Varsity Boys 5k

(7 Runners)

5:00 JV Girls 5k (unlimited)

5:30 JV Boys 5k (unlimited)

6:00 MS Girls 2 mile (unlimited)

6:30 MS Boys 2 mile (unlimited)

This will be a rolling schedule, so races times are approximates. Races may start 5-10min earlier if the course is clear for next race

Craig Perry

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