

# MUSKOGEE CROSS COUNTRY INVITATIONAL

**DATE:** Thursday, September 29th, 2022

**TIME:** Packet pickup will begin at *3:45 pm*. First race starts at *4:00 pm*.

**LOCATION:** Love Hatbox Sports Complex. 3601 Arline, Muskogee OK

**Entries:** All team entries must be completed online at [www.runendurousa.com](http://www.runendurousa.com)

*Entry deadline is Monday, September 26<sup>th</sup> at 5:00 PM.*

For any entries or roster change questions, contact [martin@i40raceservice.com](mailto:martin@i40raceservice.com)

**DIVISION** Varsity High School Boys, Varsity High School Girls, JV Boys, JV Girls & MS Boys (*8<sup>th</sup> grade and under only*), MS Girls (*8<sup>th</sup> grade and under only*).

**ENTRY FEE:** High School Teams / \$50 per team (\$90 for both Boys & Girls). Junior Varsity- Free with Varsity Entry-Unlimited entries

Middle School Teams(*8<sup>th</sup> grade and under only*) / \$35 per team (\$60 for both Boys & Girls).

Individual runners / \$10 each.

*\*If entering 2 High School teams & 2 Middle School teams / \$130 Total.*

**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

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

There will be 25 medals awarded in each HS race, 15 in JV race, and 10 medals awarded in MS race.

## **Start times:**

4:00 Varsity Girls 5k

4:30 Varsity Boys 5k

5:00 JV Girls 5k

5:30 JV Boys 5k

6:00 MS Girls 2 mile

6:30 MS Boys 2 mile

**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  
Head Cross Country Coach  
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***PAYMENT:*** You can have checks made out to Muskogee Athletics and mail payment or bring check the day of the race.

Mailing Address Muskogee Athletics- 3200 E Shawnee Rd Muskogee, OK 74403