

MUSKOGEE CROSS COUNTRY INVITATIONAL

DATE: Thursday, September 14th, 2023

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

LOCATION: Love Hatbox Sports Complex. 640 S 40th St, Muskogee Ok.

Entries: All team entries must be completed online at www.runenduroussa.com **Entry deadline is Monday, September 11th at 5:00 PM.**

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

DIVISION Varsity High School Boys, Varsity High School Girls, JV Boys, JV Girls & MS Boys (**8th grade and under only**), MS Girls (**8th 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(**8th 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 20 medals awarded in each 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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Email: craig.perry@roughers.net

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