

# All-City Athletic Conference Cross Country Championship

October 8, 2025

(ACAC Member Schools Only)

The All-City Athletic Conference (ACAC) Cross Country Championship Meet will be held **Wednesday, October 8th** at Eldon Lyon Park. There will be 6 divisions (JV & Varsity Girls and Boys).

## **Schedule of Events:**

**Note:** *The meet will follow a rolling schedule, meaning events will proceed continuously based on the completion of previous races. Please stay alert for updates on race start times. Runners should be prepared for races to start earlier or late than initially planned.*

8:30am.....	High School Coaches Meeting
9:00am.....	High School JV Boys & Girls (5000 meters)
9:30am.....	High School Varsity Girls (5000 meters)
10:00am.....	High School Varsity Boys (5000 meters)
10:30am.....	High School ACAC Championship Awards Ceremony
10:45am.....	Middle School Coaches Meeting
11:00am.....	Middle School Girls (2400 meters)
11:30am.....	Middle School Varsity Boys (3200 meters)
12:00pm.....	Middle School JV Boys & Girls (2400 meters)
12:25pm.....	Middle School ACAC Championship Awards Ceremony

**Varsity events will consist of top seven (7) runners from each team. JV will have unlimited participation.**

## **Awards:**

**Team Awards:** (Varsity Only): 1st place and runner-up banners

**Medals:** Top 15 Varsity runners will receive medals.

## **Online Entries:**

**ON-LINE ENTRIES-** Coaches must submit all entries on the Entries and Results website:

**www.entriesandresults.com. — NO ADDITIONAL ENTRIES AFTER THE DEADLINE.**

**—ONLINE ENTRIES DEADLINE: Tuesday October 7, 2025 at noon.**

**Complete ALL the steps on the “Entries Window”. Make sure to “VERIFY”. TEAMS WILL NOT BE ADDED AT THE MEET. If you need help with your Entries and Results™ account, please email your questions to [jhughes@elginps.net](mailto:jhughes@elginps.net).**

**www.entriesandresults.com has been loaded with your team roster from last cross country season. All you need to do is edit any changes from last season and add any new athletes for the 2025 season**

**MEET TIMING & RESULTS-** RFID Chip Timing for the meet is provided by 12:1 Running Timing Services. Live results are available at [www.twelve1running.com](http://www.twelve1running.com).

## **MEET TIMING & RESULTS:**

- Timing: RFID Chip Timing by 12:1 Running Timing Services
- Live Results: Available at [www.twelve1running.com](http://www.twelve1running.com)

## **Contact Information:**

For any questions, please contact:

Kevin Russell  
Southeast High School Site Athletic Director  
Email: [klrussell1@okcps.org](mailto:klrussell1@okcps.org)  
Cell Phone: (405) 405-5659

Zachary Wiseman  
Southeast Middle School Site Athletic Coordinator  
Email: [zdwiseman@okcps.org](mailto:zdwiseman@okcps.org)  
Cell Phone: (405) 514-8191