

# Duncan Cross Country Meet

Saturday, August 23, 2025

This meet will be held at New Hope Baptist Church, located at 200 S 42nd Street, Duncan OK. The course sits on the corner of Beech ave and the Highway 7 Bypass.

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

[www.entriesandresults.com](http://www.entriesandresults.com). — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.**

—**ONLINE ENTRIES DEADLINE:** (\*\*\*\* INSERT DAY PRIOR TO MEET HERE \*\*\*) 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 [todd.ledford@duncanps.org](mailto:todd.ledford@duncanps.org).

[www.entriesandresults.com](http://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

**- - - DEADLINE for all entries: Thursday, August 21, 5:00pm**

Coaches meeting: 8:00am

Meet Start Time: 8:15am

All times are approximate, and we have a rolling schedule.

Little Demons 3rd-5th Graders	8:00am	1 Mile (Duncan athletes only)
5A/6A Girls	8:15	5k
4A & Below Girls	8:40	2 Miles
Varsity Boys (all classes)	9:10	5k
MS Girls	9:40	1 1/2 Miles
MS Boys	10:00	1 1/2 Miles

**Team Awards:** High School Team championship plaques and Middle School team championship plaques. Top 30 in each division will receive medals.

Cost: Varsity Boys \$75.00  
Varsity Girls \$75.00  
JV is free if varsity is running

Middle school Boys \$55.00  
Middle school Girls \$55.00

Make checks payable to:     Duncan High School Cross Country  
   515 N 19th  
   Duncan, Oklahoma 73534

Contact   ToddLedford at 580-467-2741 or Tim Buben at 580-470-5042