

FRONTIER VALLEY CONFERENCE CROSS COUNTRY MEET

DATE: Tuesday, October 14th, 2025

TIME: Packet pickup will begin at 9:00am. First race starts at 10:00am.

LOCATION: Hatbox Sports Complex 640 S 40th Street, Muskogee, OK.

Entries: All team entries ONLINE ENTRIES-Coaches must submit all entries on the Entries and Results website: www.entriesandresults.com. — NO ADDITIONAL ENTRIES AFTER THE DEADLINE.

Questions related to your roster, email martin@i40raceservice.com

Entry deadline is Monday, October 13th at 5:00 PM. Complete ALL the steps on the “Entries Window”. Make sure to “VERIFY”. TEAMS WILL NOT BE ADDED AT THE MEET.

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:

10:00am Varsity Girls 5k (7 Runners)

10:40am Varsity Boys 5k (7 Runners)

11:10am JV Girls 5k (unlimited)

11:50pm JV Boys 5k (unlimited)

12:20pm MS Girls 2 mile (unlimited)

12:50pm MS Boys 2 mile (unlimited)

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

Craig Perry

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