

# 2025 Inola Cross Country Meet

## 4A & UNDER



Date: September 9, 2025 (Tuesday)

Location: Inola High School

**ENTRY PROCEDURE:** All entries must be completed on-line at: [www.athletic.net](http://www.athletic.net). Teams cannot be added at the meet.

Each Team will receive a packet with bibs for each runner. Bibs must be worn on the front (chest area). Students will not be allowed to start/enter a race without his/her bib.

Junior High (6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>) students can NOT be entered through a High School Account.

If you need assistance please email your questions to: [cara@runenduro.com](mailto:cara@runenduro.com).

**ON-LINE ENTRY DEADLINE: Monday, September 8<sup>th</sup> @ 12pm.**

**Entry Fee:** Varsity teams \$75 per team, \$150 for boys & girls (9<sup>th</sup> & Up)

(JV free with Varsity entry)

Junior High teams \$55 per team, \$110 for both boys and girls (7<sup>th</sup> & 8<sup>th</sup>)

Elementary teams \$40 per team, \$80 for both boys and girls (5<sup>th</sup> & 6<sup>th</sup>)

**Individual Runners:** Elementary \$5; JH runners \$10 each; HS runners \$15 each

Please make checks out to:

**Inola Public Schools**

**P.O. Box 1149**

**Inola, OK 74036**

**Attention: Coach Elliott**

**Awards:** Individual medals given to the top 20 in each division

Schedule	Time	Distance
Coaches Meeting	8:45 AM	
Elementary Girls	9:15 AM	1 mile
Elementary Boys	9:30 AM	1 mile
JH Girls	9:45 AM	1 mile
JH Boys	10:00 AM	1 mile
JV Girls (9 <sup>th</sup> & 10 <sup>th</sup> )	10:15 AM	2 miles
High School Girls (11 <sup>th</sup> & 12 <sup>th</sup> )	10:30 AM	2 miles
JV Boys (9 <sup>th</sup> & 10 <sup>th</sup> )	10:45 AM	5K
High School Boys (11 <sup>th</sup> & 12 <sup>th</sup> )	11:15 AM	5K

\*Times are approximated. Races will start when preceding race ends.\*

This meet will be held on the campus of Inola High School.

Questions call Coach Cruz Chavez @ [cchavez@inola.k12.ok.us](mailto:cchavez@inola.k12.ok.us) or Coach Lee Elliott at 918-543-0431 email [lelliott@inola.k12.ok.us](mailto:lelliott@inola.k12.ok.us).