

# METRO

TUESDAY, OCTOBER 14<sup>TH</sup> 2025  
PRYOR HIGH SCHOOL



# LAKES

CONFERENCE XC CHAMPIONSHIP

## SCHEDULE

- 4:00 COACHES MEETING
- 4:30 MS GIRLS 3200M
- 4:55 MS BOYS 3200M
- 5:30 HS GIRLS 5000M
- 6:00 HS BOYS 5000M

## XC COURSE INFO

- A FLAT FAST EUROPEAN STYLE SHORT TRACK 1 MILE LOOP WITH WIDE TURNS. PERFECT FOR SPECTATORS.

## AWARDS

- TOP 15 GIRLS & BOYS IN EACH RACE
- FIRST PLACE TEAM GIRLS & BOYS HS
- FIRST PLACE TEAM GIRLS & BOYS JH

## MEET DIRECTOR

- PHS/PJH BOYS COACH:  
JAMIE NOFSINGER  
NOFSINGERJ@PRYORSCHOOLS.ORG

## LIVE RESULTS

- TWELVE1RUNNING.COM  
JHUGHES@ELGINPS.NET

## REGISTRATION

- ENTRIES MUST BE SUBMITTED VIA [ENTRIESANDRESULTS.COM](https://www.entriesandresults.com) BY MONDAY, OCT. 13TH AT NOON. NO LATE ENTRIES!

## LOCATION

- PRYOR HIGH SCHOOL XC COURSE: 1100 SE 9<sup>TH</sup> STREET, PRYOR, OK 74361, THE CORNER OF 9<sup>TH</sup> AND OKLAHOMA ST

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**G T P G**

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## ***DROP-OFF AND PARKING***

From Hwy 69 turn east on SE 9<sup>th</sup> Street (By McDonalds). Continue east, passing Elliot St. (stop light) and continuing past Pryor High School on the right. New FB Stadium will be on the left, the X course is on the right. Drop off at location indicated above, circle into FB parking lot and park bus in FB stadium west parking lot.



**1 MILE LOOP | 5K-3 LOOPS**

**TEAM CAMPS**

2m  
lap 2  
start

1m  
lap 1

**TEAM CAMPS**

finish

**5K**

XC Course





TEAM CAMPS

TEAM CAMPS

start

1m  
lap 1

finish

2MI

