

****5A/6A Region Preview ****

#R4RYK Cross-Country Invitational – Moore High School
(20 Team Limit)

Date: September 6th, 2025

Place: First Moore Baptist Church, 301 NE 27th St. Moore, OK 73160

Course:Fast, gradual hills with lots of flat terrain. Very spectator friendly with multiple vantage points.

Race Schedule:

- 7:30 a.m – Coaches Meeting (Finish Line)
- 7:50 a.m – Moment of Silence (#R4RYK)
- 8:00 a.m – HS Girls (V) (5k) (10 Runner Limit)
- 8:30 a.m - HS Boys (V) (5k) (10 Runner Limit)
- 9:00 a.m - HS Girls (JV) (5k) (NO Limit)
- 9:30 a.m - HS Boys (JV) (5k) (NO Limit)
- 10:00 a.m – Elementary Race (6th Grade and Below) 1 Mile
- 10:20 a.m – 7th Grade Girls (2 Miles)
- 10:45 a.m – 7th Grade Boys (2 Miles)
- 11:10 a.m – 8th Grade Girls (2 Miles)
- 11:35 a.m – 8th Grade Boys (2 Miles)

Team & Individual Awards:

Team Awards: 1st & 2nd Place for each Varsity Race and 1st place for each JH Race.

Individual Awards: T-Shirts for Top 10 Finishers (**Varsity Only**) and Medals for Top 20 Finishers

Entry Fee: \$80.00 Per Varsity Team (JV Free with Varsity Team)

\$70.00 Per Junior High Team (7th and 8th grade is considered one team)

\$20 Per Individual (High School & Junior High Students Only)

Discount: \$265.00 if All 4 teams race (HS and JH Teams)

Elementary Race Info:

All elementary runners' entries are due Friday, September 5th at 12:00 P.M

All elementary finishers will receive an award. Race Fee is \$7.00/ Per Person.

Email Coach Mettler for elementary team prices. dustinmettler@mooreschools.com

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: September 5th, 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@elqinps.net.

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.

RSVP: To reserve a spot for your team, please email Coach Mettler.

Please Title the email: #R4RYK Team Reservation
dustinmettler@mooreschools.com