

Muldrow Cross Country Meet

Date: September 18, 2025

Time: Coaches meeting at 9:00am

HS Girls at 9:30am (2 miles)

HS Boys at 10:15am (5K)

MS Girls at 11:00am (1 mile)

MS Boys at 11:45am (1 mile)

Location: Old Muldrow Golf Course

501 E Sequoyah St. Muldrow, Ok. 74948

Divisions: High School Boys and Girls and Middle School Boys and Girls (6th - 8th grades).

Entries:

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 17th****) 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@elginps.net.

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



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.

Entry Fees: \$90/ HS Division and \$50/ MS Division or HS \$15/runner for teams of less than 5 runners and \$10/runner for MS. Please make checks payable to Muldrow Public School

Awards: There will be 20 medals for each division given out to the top finishers.

Contacts: If you have any questions please feel free to call/text or email, Debra McDonald 479-431-8914 debra.mcdonald@staff.muldrowps.org or Terry Collins 815-307-0082 terry.collins@staff.muldrowps.org