



Tonkawa Cross Country Invitational

Date: Thursday, September 11, 2025

Location: Meet will be held at the Tonkawa Tribe Cross Country Course (1 PowWow Road, Tonkawa, OK)

Time & Distance	Coaches Meeting	8:30 A.M.
	High School Boys	5000 Meter
	High School Girls	3200 Meters
	Middle School Boys	2400 Meters
	Middle School Girls	2400 Meters
	Elementary	1600 Meters

Entry Fee \$75.00 Each High School Team

\$50.00 Each Middle School Team

\$50.00 All Elementary Runners from 1 School

\$10.00 Individual Runner for all Races

Makes Checks to: Tonkawa High School Awards Top 20 Places HS/MS

REGISTRATION OF CROSS COUNTRY TEAMS – INSTRUCTIONS

ON-LINE ENTRIES: Coaches must submit all entries on the Athletic Net website: Athletic.net --- NO

ADDITIONAL ENTRIES AFTER THE DEADLINE.---

ON-LINE ENTRIES DEADLINE: The day before the meet at 5:00 P.M. Complete all the steps on the “Entries Window.” Make sure to “VERIFY.” Teams will not be added at the meet.

Admission is FREE

Head CC Coach – Kari Widener kwidener@tonkawa.k12.ok.us or 580-304-9426 Athletic Director – Trent Harmon tharmon@tonkawa.k12.ok.us

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