

2025 VERDIGRIS VALLEY CONFERENCE

CROSS COUNTRY MEET

AT OOLOGAH HS 10/13/25 4:00 PM

DATE: Monday, October 13, 2025

Coaches Meeting/ Registration	4:00
JH Girls (1 MILE)	4:30
JH Boys (2 MILES)	4:45
HS Girls (2 MILES)	5:15
HS Boys (5k)	5:45

*Times on the races are approximates. Races will start when the preceding race ends.

Awards:

- Top 15 Girls & Boys in each Race.
- First place Team Girls & Boys HS
- First Place Team Girls & Boys JH

Registration:

- Entries MUST be submitted via ATHLETIC.NET by SUNDAY, Oct. 12th at noon.
- NO Late Entries!

Meet Directors:

- Oologah AD: Dru Dixon dru.dixon@oologah.k12.ok.us
- Verdigris AD: Mike Buntin mbuntin@vps.k12.ok.us