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

#R4RYK Cross-Country Festival – Moore High School

(20 Team Limit)

Date: September 12th, 2026

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.

Timing: RFID Chip Timing for the meet is provided by **Lion Timing** - **Meet Registration is on Athletic.Net**

Parking: $5.00 PER VEHICLE – You will pay parking lot attendee. [Funds goes directly back to the Moore Lions XC program]

(First Moore Baptist Church is not charging for parking, this is another type of fundraiser our program does to help throughout the season with mid season expenses and for the #R4RYK Memorial Scholarship)

Race Schedule:

7:30 a.m – Coaches Meeting (Finish Line)
7:50 a.m – Moment of Silence (#R4RYK)
8:00am – College Women (5k) (No Limit)
8:30am – College Men (8k) (No Limit)
9:10 a.m – HS Girls (V) (5k) (10 Runner Limit)
9:40 a.m - HS Boys (V) (5k) (10 Runner Limit)
10:10 a.m - HS Girls (JV) (5k) (NO Limit)
10:40 a.m - HS Boys (JV) (5k) (NO Limit)
11:10 a.m – Elementary Race (6th Grade and Below) 1 Mile
11:25 a.m – 7th – 8TH Grade Girls (2 Miles)
11:50 a.m – 7th – 8TH Grade Boys (2 Miles)

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

Individual Awards: T-Shirts for Top 10 Finishers **(College & Varsity Only)** and Medals for Top 20 Finishers(HS – MS)

Entry Fee:
$85.00 Per College and Varsity Team(JV Free with Varsity Team)
$75.00 Per Junior High Team
$10 Per Elementary Runner (If you are a school outside of **MPS**, contact coach Mettler for team pricing)
(MPS Elementary Schools are not forming teams, this race will be only for individual participants)
Discount: $275.00 if All 4 teams race (HS and JH Teams)

Make Checks Payable to: MHS XC Booster Club

Meet Reservation: To reserve a spot for your team, please email dustinmettler@mooreschools.com and title the email #R4RYK Reservation.

Description of the Meet:

This cross-country meet is a celebration of the lives of Rachel, Yuridia, and Kolby. We've got 9 incredible races lined up—from College all the way down to Elementary. What better way to honor their memories than watching athletes ages 5–25 give it everything they've got?

While the runners are flying down the course, we're turning this into a full festival experience! Think food trucks, awesome vendors, and a DJ keeping the energy high.!

Meet Registration – College – High School – Middle School – Elementary

Follow the 4 steps below to get started:

1. Sign up for a free coach account **(if you do not have one)** (**Parents can do this for their child for the elementary race**)

Go to the website: www.athletic.net

Click on 'Log In' in the upper right-hand corner, and then click 'Sign Up' on the bottom of that screen.

Complete the signup wizard

After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

Log In to Athletic.net

Navigate to the Events page

Start typing #R4RYK Festival into the Search Box

Expand the meet card, and find the button to add this meet to your team's calendar

Repeat this process for the rest of your season calendar (You can also find meets by date and location)

If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard

Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet or use the trash can icon to delete a meet.

3. Enter team roster

Navigate to your team page by opening the side menu, then click on your team.

Click on Manage Team

Click on Edit Roster under Athletes

Add athletes to the roster manually or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for #R4RYK Festival

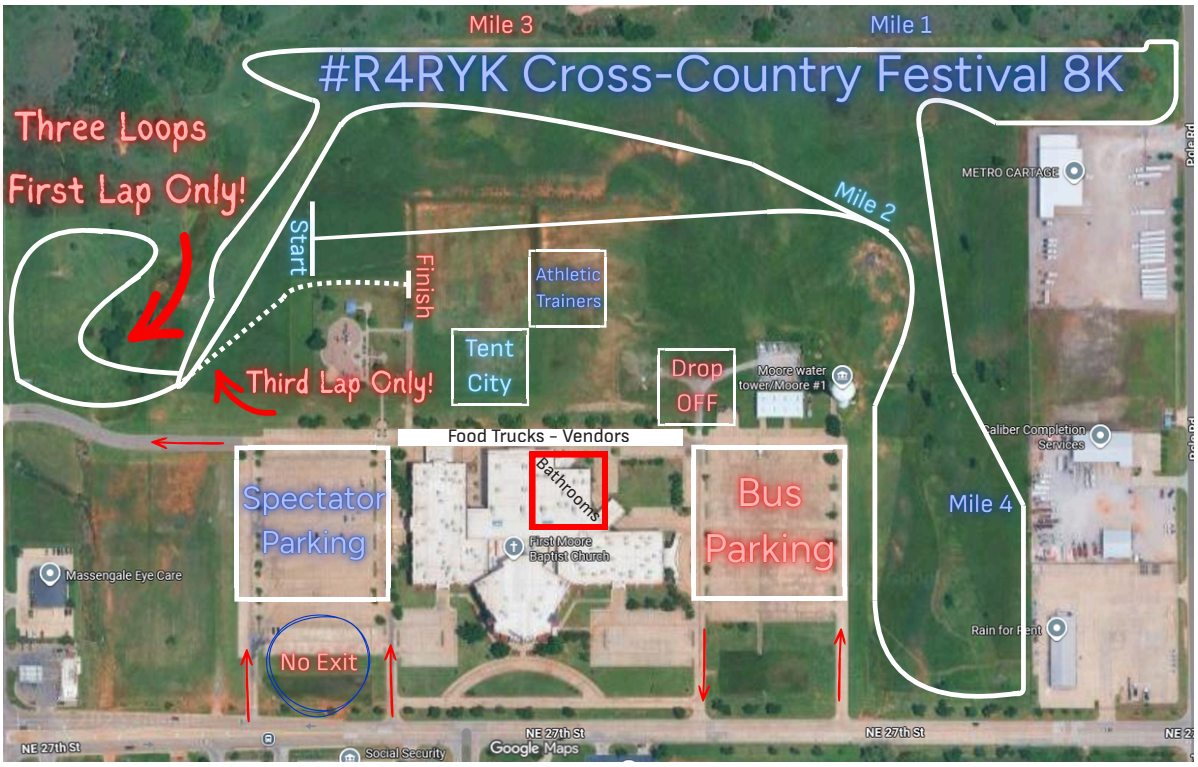
Locate #R4RYK Festival on your team's main Cross Country page and click on it

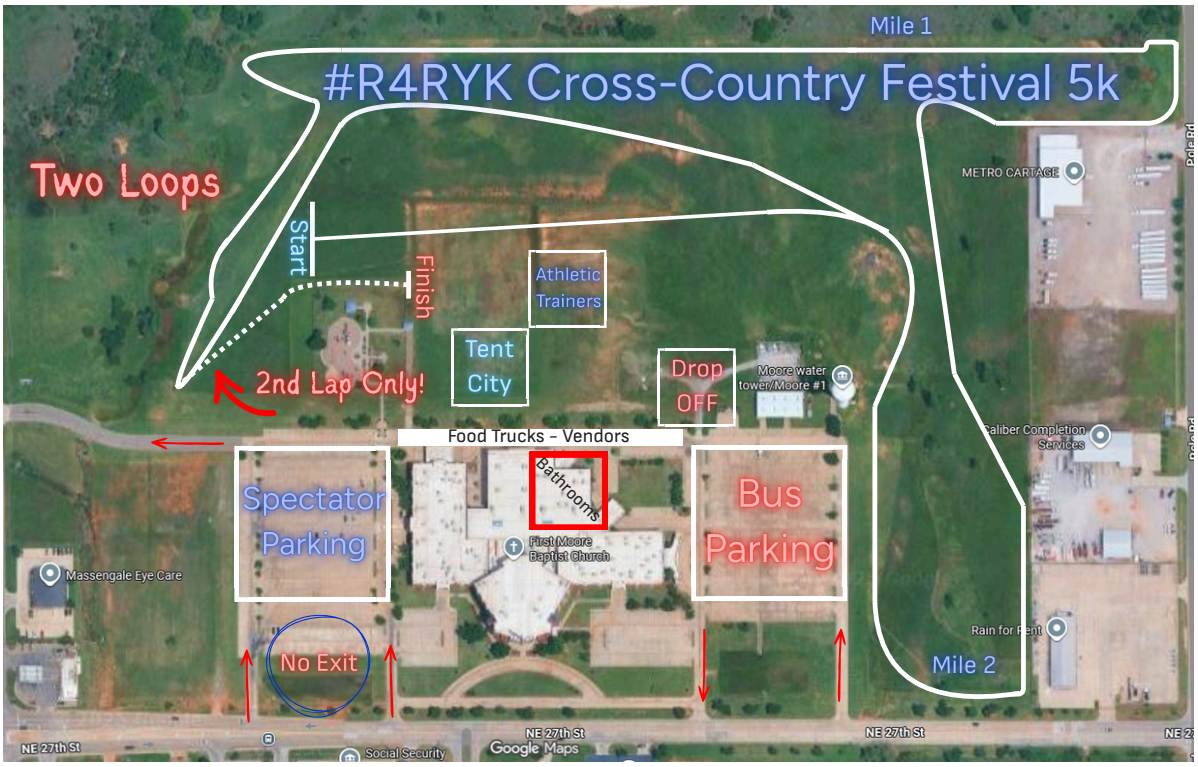
Click "Register Athletes"

Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).

Use the "Add an athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.


Mile 3
Mile 1
#R4RYK Cross-Country Festival 8K
Three Loops
First Lap Only!
Start
Finish
Mile 2
Athletic Trainers
Tent City
Drop OFF
Third Lap Only!
Food Trucks - Vendors
Spectator Parking
Bathrooms
Bus Parking
Mile 4
No Exit
METRO CARTAGE
Moore water tower/Moore #1
Caliber Completion Services
Massengale Eye Care
First Moore Baptist Church
Rain for Rent
NE 27th St
Social Security
Google Maps


Mile 1
#R4RYK Cross-Country Festival 5k
Two Loops
Start
Finish
Athletic Trainers
Tent City
Drop OFF
2nd Lap Only!
Food Trucks - Vendors
Spectator Parking
Bathrooms
Bus Parking
No Exit
METRO CARTAGE
Moore water tower/Moore #1
Caliber Completion Services
Massengale Eye Care
First Moore Baptist Church
Rain for Rent
Mile 2
NE 27th St
Social Security
Google Maps

#R4RYK Cross-Country Festival 2 miles
Two Loops
Both Loops
Mile 1
Start
Finish
Athletic Trainers
Tent City
Drop OFF
Second Lap Only!
Beginning of 2nd Loop
METRO CARTAGE
Moore water tower/Moore #1
Caliber Completion Services
Food Trucks - Vendors
Spectator Parking
Bathrooms
First Moore Baptist Church
Bus Parking
Massengale Eye Care
Rain for Rent
No Exit
NE 27th St
Social Security
Google Maps

#R4RYK Cross-Country Festival 1 Mile
One Loops
Start
Finish
Athletic Trainers
Tent City
Drop OFF
METRO CARTAGE
Moore water tower/Moore #1
Caliber Completion Services
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