



# SPIRO CROSS COUNTRY MEET

DATE: SEPTEMBER 29, 2026

**Location:** Old Sprio Lake

Spiro Park - Buses will follow LAKEVIEW Drive to parking.

**Time Schedule:** 4:00 Coaches Meeting

4:10 Elementary Boys & Girls (6th Grade & Below, 1 Mile)

4:30 JH Girls 1.5 Mile

5:00 JH Boys 2 Mile

5:30 HS Girls 2 Mile

6:00 HS Boys 5k

**ALL TIMES ARE APPROX. THE NEXT RACE WILL START AS SOON AS THE PRIOR FINISHES.**

**Awards:** Elementary → Ribbons to top 15 finishers  
JH & HS → Medals to top 15 finishers in each

**Entry Fee:** Elementary Runners \$40 per team or \$5 each  
JH Teams \$70 per team or \$15 per individual  
HS Teams \$80 per team or \$15 per individual

**ON-LINE ENTRIES-** Coaches must submit all entries on the Entries and Results website:  
[www.entriesandresults.com](http://www.entriesandresults.com). **Please have students entered by Friday, September 25th.** This will give us an idea of how many athletes to expect, changes will be able to be made if necessary.

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