



Tonkawa Cross Country Invitational

Date: Thursday, September 10, 2026

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 Meters	9:00 A.M.
	High School Girls	3200 Meters	9:30 A.M.
	Middle School Boys	3200 Meters	10:00 A.M.
	Middle School Girls	2400 Meters	10:30 A.M.
	Elementary Boys/Girls	1600 Meters	11:00 A.M.

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 25 Places HS/MS, Elementary Certificates for Top 20

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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