

Frontier Valley Conference Cross Country Meet 2024

FRONTIER VALLEY CONFERENCE CROSS COUNTRY MEET

DATE: Tuesday, October 15, 2024

TIME: Packet pickup will begin at 3:00 pm. First race starts at 4:00 pm.

LOCATION: Hatbox Sports Complex 640 S 40th Street, Muskogee, OK.

Entries: All team entries must be completed online at www.runenduroussa.com
Entry deadline is Monday, October 14 at 5:00 PM.

For any entries or roster change questions, contact martin@i40raceservice.com

Course: The course will be a flat course, very spectator friendly, that
Consist of (1) big 2-mile loop, then a smaller 1-mile loop for high school; and
2-mile loop for middle school.

Restrooms: There will be indoor restrooms and porta potties will be available for use

AWARDS: First Place Trophy or plaques for all divisions. Medals to top 15 finishers in **ALL**
races

Timing/Scoring: We will have computer timing and scoring at the finish line.

Start times:

4:00 Varsity Girls 5k (7 Runners)

4:30 Varsity Boys 5k (7 Runners)

5:00 JV Girls 5k (unlimited)

5:30 JV Boys 5k (unlimited)

6:00 MS Girls 2 mile (unlimited)

6:30 MS Boys 2 mile (unlimited)

This will be a rolling schedule, so races times are approximates. Races may start 5-10min
earlier if the course is clear for next race

Craig Perry

Head Cross Country Coach

Cell: (620) 926-2500

Email: craig.perry@roughers.net