

# MUSKOGEE CROSS COUNTRY INVITATIONAL

**DATE: Thursday, September 12th, 2024**

**TIME:** Packet pickup will begin at 3:45 pm. First race starts at 4:00 pm.

**LOCATION:** Love Hatbox Sports Complex. 640 S 40<sup>th</sup> St, Muskogee Ok.

**Entries:** All team entries must be completed online at [www.runenduroussa.com](http://www.runenduroussa.com) **Entry deadline is Monday, September 9<sup>th</sup> at 5:00 PM.**

For any entries or roster change questions, contact [martin@i40raceservice.com](mailto:martin@i40raceservice.com)

**DIVISION** Varsity/JV High School Boys, Varsity/JV High School Girls, & MS Boys (**8<sup>th</sup> grade and under only**), MS Girls (**8<sup>th</sup> grade and under only**).

**ENTRY FEE:** High School Teams / \$50 per team (\$90 for both Boys & Girls). Junior Varsity- Free with Varsity Entry-Unlimited entries

Middle School Teams(**8<sup>th</sup> grade and under only**) / \$35 per team (\$60 for both Boys & Girls).

Individual runners / \$10 each.

***\*If entering 2 High School teams & 2 Middle School teams / \$130 Total.***

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

**Restrooms:** There will be indoor restrooms and porta potties will be available

**Timing/Scoring:** We will have computer timing and scoring at the finish line. There will be 20 medals awarded in each race.

## **Start times:**

4:00 Varsity/JV Girls 5k

4:30 Varsity/JV Boys 5k

5:00 MS Girls 2 mile

5:30 MS Boys 2 mile

6:00 \*Free Community Run 5k, welcome to all.

(\*Donations are accepted with all funds going to Muskogee Roughers Cross Country)

**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](mailto:craig.perry@roughers.net)

**PAYMENT:** You can have checks made out to Muskogee Athletics and mail payment or bring check the day of the race.

Mailing Address Muskogee Athletics- 3200 E Shawnee Rd Muskogee, OK 74403