

The Mook Invite Schedule 2026

Saturday Sept. 19 th

8:30 AM Open Race 5k

9:00 AM Middle School Boys and Girls combined 3k

9:30 AM Silver Varsity Girls (avg top 5 over 22:00)

10:00 AM Silver Varsity Boys (avg top 5 over 18:00)

10:30 AM Silver Junior Varsity Girls (RUNNERS UNDER 26:00)

11:00 AM Silver Junior Varsity Girls (RUNNERS OVER 26:00)

11:45 AM Silver Junior Varsity Boys (RUNNERS UNDER 21:00)

12:10 AM Silver Junior Varsity Boys (RUNNERS OVER 21:00)

12:50 PM Gold Junior Varsity Girls (avg top 5 under 24:00)

1:30 PM Gold Junior Varsity Boys (avg top 5 under 20:00)

2:00 PM Elite Junior Varsity Girls

2:30 PM Elite Junior Varsity Boys

3:00 PM Gold Varsity Girls (avg top 5 under 22:00)

3:30 PM Gold Varsity Boys (avg top 5 under 18:00)

4:00 PM Elite Varsity Girls (avg top 5 under 19:45)

4:30 PM Elite Varsity Boys (avg. top 5 under 16:45)

5:00 PM Open Race 5k

*8:30 AM Coach's meeting middle school

*9:00 AM Silver division coach's meeting

*12:15 PM Gold/Elite division coach's meeting