The Mook Invite Schedule 2027

Saturday Sept. 18th

Time		
8:30 AM	Both	Open 5K
9:00 AM	Girls	Middle School 3K
9:20 AM	Boys	Middle School 3K
9:40 AM	Girls	Silver Varsity 5k (Top 5 avg 22:00+)
10:10 AM	Boys	Silver Varsity 5k (Top 5 avg 18:00+)
10:40 AM	Girls	Silver JV 5k (Individual 26:00+)
11:25 AM	Girls	Silver JV 5k (Individual <26:00)
11:55 AM	Boys	Silver JV 5k (Individual 21:00+)
12:35 PM	Boys	Silver JV 5k (Individual <21:00)
1:00 PM	Girls	Gold JV 5k (Top 5 avg 22:00-23:59)
1:30 PM	Boys	Gold JV 5k (Top 5 avg 18:00-19:59)
2:00 PM	Girls	Elite JV 5k (Top 5 avg <22:00)
2:30 PM	Boys	Elite JV 5k (Top 5 avg <18:00)
3:00 PM	Girls	Gold Varsity 5k (Top 5 avg 19:45-21:59)
3:30 PM	Boys	Gold Varsity 5k (Top 5 avg 16:45-17:59)
4:00 PM	Girls	Elite Varsity 5k (Top 5 avg <19:45)
4:30 PM	Boys	Elite Varsity 5k (Top 5 avg <16:45)

*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