

The Mook Invite Schedule 2025

Saturday Sept. 20th

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

9:30 AM Co-ed Collegiate/Club/Open 8k

10:15 AM Co-ed Collegiate/Club/Open 5k

10:45 AM Silver Varsity Girls (avg top 5 over 22:00)

11:25 AM Silver Varsity Boys (avg top 5 over 18:00)

12:00 PM Silver Junior Varsity Girls (avg top 5 over 24:00)

12:45 PM Silver Junior Varsity Boys (avg top 5 over 20:00)

1:20 PM Gold Junior Varsity Girls (avg top 5 under 24:00)

1:55 PM Gold Junior Varsity Boys (avg top 5 under 20:00)

2:30 PM Gold Varsity Girls (avg top 5 under 22:00)

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

3:30 PM Elite Varsity Girls (avg top 5 under 19:45)

4:00 PM Elite Varsity Boys (avg. top 5 under 16:45)

4:30 PM Open Race 5k

*8:45 AM Coach's meeting middle school

*9:15 AM Coach's meeting collegiate

*10:30 AM Silver division coach's meeting

*1:15 PM Gold/Elite division coach's meeting