

# MUTHAMA-ROGERS CROSS COUNTRY INVITATIONAL

**Saturday, September 13, 2025**

**Bethel College, North Newton, KS**

**Date:** Saturday, September 13, 2025

**Time:** **9:00 AM** – Men's 8K  
**9:50 AM** – Women's 5K

**Site:** Bethel College, North Newton, KS

**Course:** Bethel College has a dedicated cross country course located right on campus. It features a single loop 5K course over grassy, relatively flat terrain. The 8K course consists of the first 3000 meters of the 5K loop plus the whole 5K loop repeated. The course has a wide starting area with the first turn over 600 meters from the start. The finishing straight is over 400 meters long. All the running paths are at least 5 meters wide.

**Entries:** Entries will be done on Direct Athletics.

**Entry Deadline:** Entries are due by Wednesday, September 10th by 5:00 PM. Entry Fee: \$200 per team (\$400 for both men and women) \$25 for unattached runners. Fees can be paid by credit card when you complete your entries on DirectAthletics.

**Packet Pick-up:** Packets can be picked up from the timing company by the finish line

**Awards:** Plaques for top 2 teams and T-shirts for top 20 finishers in each race. Awards ceremony will take place immediately following the women's race in the area near the finish line.

**Timing:** Heartland Timing.

**Results:** Results will be available online after the conclusion of each race.

**Trainers:** Certified trainers will be available at the meet.

**Parking:** Team parking will be across the street in the north lot (see course map). Spectator parking will be in the south lot across the street from the course.

**Contact Info:** Julio Martinez

Head Cross Country Coach  
jmartinez@bethelks.edu  
Cell: 316-288-1693



**COURSE DESCRIPTION:**

5K course – Mile 1 = red

Mile 2 = green

Mile 3 – blue

8K course – Run first 3000 of 5K, turn back towards start line (black line) and then run complete 5K course.

Mile Markers – White number with gender.

Kilometer Markings –

**WOMEN** **MEN**

