

# Metro Christian Academy

Invites you to participate in the

## 1<sup>st</sup> Annual Metro Cross Country Classic Friday, Aug. 26<sup>th</sup>, 2011

**Location & Course:** Our meet is held at Metro Christian Academy in Tulsa, OK. Please enter the campus from the east entrance at **63<sup>rd</sup> & Yorktown**. The cross country course is mostly on flat terrain and is situated entirely on our campus. There are two road crossings throughout the course. Free refreshments for runners following the race.

### Schedule:

3:45 Coaches Meeting

4:00 Middle School Boys 1600m

4:15 Middle School Girls 1600m

4:30 Junior Varsity Girls 1600m

4:45 Junior Varsity Boys 3200m

5:15 Varsity Girls (7 only) 1600m

5:30 Varsity Boys (7 only) 3200

### Team Awards:

Varsity Team Trophies for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place

### Individual Awards:

Varsity Boys & Girls Races: Medals for first 15 finishers

JV Boys & Girls Races: Medals for first 15 finishers

Middle School Boys & Girls Races: Medals for first 10 finishers

### Entry Fees: Make Checks payable to MCA

Varsity Girls - \$50

Varsity Boys - \$50

JV Teams - Free (if Varsity Team is entered)

JH Girls - \$40

JH Boys - \$40

ALL Individuals - \$10

**Contact:** Metro Head Cross Country Coach, Matt Pile

[mattpile@cox.net](mailto:mattpile@cox.net)

(918) 691-0868



# Metro Cross Country Classic

## ENTRY SHEETS

Make copies of this blank sheet for each team entering.  
Fax each entry sheet to (918) 745-0199 or email to: mattpile@cox.net

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_ PHONE # \_\_\_\_\_

FAX # \_\_\_\_\_

Circle the division and print the names of each athletes entered for each race.

Middle School Girls

Middle School Boys

JV Girls

JV Boys

Varsity Girls (7 only)

Varsity Boys (7 only)

### Runner's Names:

1. \_\_\_\_\_

16. \_\_\_\_\_

2. \_\_\_\_\_

17. \_\_\_\_\_

3. \_\_\_\_\_

18. \_\_\_\_\_

4. \_\_\_\_\_

19. \_\_\_\_\_

5. \_\_\_\_\_

20. \_\_\_\_\_

6. \_\_\_\_\_

21. \_\_\_\_\_

7. \_\_\_\_\_

22. \_\_\_\_\_

8. \_\_\_\_\_

23. \_\_\_\_\_

9. \_\_\_\_\_

24. \_\_\_\_\_

10. \_\_\_\_\_

25. \_\_\_\_\_

11. \_\_\_\_\_

26. \_\_\_\_\_

12. \_\_\_\_\_

27. \_\_\_\_\_

13. \_\_\_\_\_

28. \_\_\_\_\_

14. \_\_\_\_\_

29. \_\_\_\_\_

15. \_\_\_\_\_

30. \_\_\_\_\_