

# Inola Longhorn Cross Country Meet

**Date:** September, 17, 2015

**LOCATION:** Inola High School

**Entry Fee:** Varsity teams \$65 per team (\$120) for both boys and girls  
J.H. teams \$40 (\$70) for both boys and girls  
Individual H.S runner 10.00 each  
Individual J.H runner 5.00 each  
Elementary Runners are 2.00

**Awards:** Individual medals given to top 20 in every division  
(6<sup>th</sup> and under boys and girls will run together but will have separate metals)

<b>Schedule:</b>	<b>Time</b>	<b>Distance</b>
Coach meeting	3:15 PM	
Elementary Boys and Girls	3:30 PM	1 Mile
7 <sup>th</sup> Grade Girls	3:45 PM	1 Mile
8 <sup>th</sup> Grade Girls	4:00 PM	1 Mile
7 <sup>th</sup> Grade Boys	4:15 PM	1 Mile
8 <sup>th</sup> Grade Boys	4:30 PM	1 Mile
9 and 10 <sup>th</sup> Girls	4:45 PM	2 Miles
11th and 12th Girls	5:15 PM	2 Miles
9th and 10th Boys	5:45 PM	5K
11 <sup>th</sup> and 12 Boys	6:15 PM	5K

\* Times are approximates. Races will start when preceding race ends\*

## Entry Forms due by Sept 14th

**ENTRY FORM:**

**SCHOOL:** \_\_\_\_\_ **COACH:** \_\_\_\_\_  
**Contact #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**\*\*\*And a roster of your runners with grade.\*\*\***

Please Email or Fax, Entries to: Kevin Walker

Email:Kwalker@inola.k12.ok.us  
School Phone 918-543-1509  
Cell 918-760-2071  
Fax: (918) 543-6268

A conformation email or text will be sent when entry is received.