

## LUTHER CROSS COUNTRY MEET

Tuesday, September 29, 2015

Please join us for our 3<sup>rd</sup> annual cross country meet. This course is very challenging and it will test your mettle.

Classifications: 4A & under

Divisions: Middle School & High School (no JV division)

MS Girls: 1 mile

MS Boys & HS Girls: 2 miles

HS Boys: 5K

Entry Fees: \$60/HS Team; \$50/MS Team; \$10/ individuals if less than 5 runners

Awards: Medals through 25; 1<sup>st</sup> place trophies for each division

Time: Coaches Meeting @ 4:00p.m. Middle School starts @ 4:15p.m.

Location: Deadwood Forest; one mile east of Luther Track on 178<sup>th</sup> Street.

For more information, Call Coach Stan Higdon @ (405) 613-1861.