## Marlow Outlaw Cross Country Invitational

Date: September 1<sup>st</sup>

Place: Red Bud Park (From 81: go east on main, over railroad tracks two blocks on let.) (From I35: Take highway 29 to Marlow, before railroad tracks on the the right)

## Race Schedule:

| 4:15 | Coaches Meeting  |               |               |
|------|--|---------------|---------------|
| 4:15 | Marlow Young Gunners   |               |               |
| 4:30 | 6 <sup>th</sup> - 7 <sup>th</sup> Grade Girls                                  | (1600 meters) | Top 25 Medals |
| 4:45 | 6 <sup>th</sup> - 7 <sup>th</sup> Grade Boys                                   | (1600 meters) | Top 25 Medals |
| 5:00 | 8 <sup>th</sup> - 9 <sup>th</sup> Grade Girls                                  | (1600 meters) | Top 25 Medals |
| 5:15 | 8 <sup>th</sup> - 9 <sup>th</sup> Grade Boys                                   | (1600 meters) | Top 25 Medals |
| 5:30 | JV Girls 9 <sup>th</sup> - 12 <sup>th</sup> Unlimited runners(1600 meters)     |               | Top 20 Medals |
| 5:45 | Varsity Girls 9 <sup>th</sup> - 12 <sup>th</sup> Limit 9 runners (1600 meters) |               | Top 30 Medals |
| 6:00 | JV Boys 9 <sup>th</sup> - 12 <sup>th</sup> Unlimited runners (3200 meters)     |               | Top 20 Medals |
| 6:15 | Varsity Boys 9 <sup>th</sup> - 12 <sup>th</sup> Limit 9 runners (3200 meters)  |               | Top 30 Medals |

\*every 15 minutes we will begin next race

Awards:

Medals awarded: Top 30 in Varsity Top 20 in Junior Varsity Top 25 in JH Divisions NO team trophies, individual medals only

Entry Fees \$60 Per Division \$15 per individual runner (4 or less) Divisions: Varsity Boys (\$60), Varisty Girls (\$60), JV Boys (\$25 w/varsity entry), JV Girls (\$25 w/varsity entry), JH Boys (\$60), JH Girls (\$60)

Please send conformation of entries by Monday August 31<sup>st</sup> through text or email. Please let me know how many runners you will be bringing. Full teams or individuals.

\*Coaches will fill out each runners name tags before each race. Make sure you have plenty of time to fill out names of runners.

Contact: Coach Mikey Eaves 580-504-3538 meaves@marlow.k12.ok.us

\*Make checks payable to Marlow Cross Country