

Sequoyah High School

16405 S. 4180 Rd.
Claremore, OK 74017

3rd Annual Cross Country Meet Saturday, August 29, 2015

Location: Behind Mid High and High School campus which is located 4 miles north of Claremore on highway 66. Park in east parking lot of Mid High.

<u>Schedule:</u>	<u>Time:</u>	<u>Distance:</u>
Coaches Meeting	8:40	Starting Line
Elementary Girls	8:45	1600M
Elementary Boys	9:00	1600M
Middle School Girls	9:15	1600M
Middle School Boys	9:30	1600M
9 th -10 th Girls	9:45	1600M
11 th -12 th Girls	10:00	1600M
9 th -10 th Boys	10:15	3200M
11 th -12 th Boys	10:45	3200M

*Times on the races are approximates. Races will start when the preceding race ends.

Awards: Individual medals given to the top 20 in every division.

Course: Course will be in a field with gentle terrain and a few trees. Course maps will be available that morning at check in at 8:00 A.M.

Entry Fee: High School Teams / \$55 per team (\$100 for both Boys and Girls)
Middle School Teams / \$40 per team (\$70 for both Boys and Girls)
Individual Runners / \$10 each Middle School Individuals / \$5 each
Elementary Runners / \$2 each

***If entering Boys and Girls Middle School and High School divisions/ \$150**

Entry Deadline: There is no entry deadline. We would like you to e-mail us your roster so we will know how many runners to expect by August 26.

Meet Director: Brad Holt Cell Phone: (918)605-0201
Work Phone: (918)341-5537
E-mail: brad.holt@sequoyaheagles.net

Roster Entry Sheet

Name of School _____

Name of Coach _____ Cell # _____

E-mail _____

Circle the division and print the names of the athletes entered for each race.
Duplicate this sheet as needed.

M.S. Girls

Varsity Girls

M.S. Boys

Varsity Boys

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. _____