

Timberlake High School
17th Annual Cross Country Invitational

Date: Monday, September 28th

Time: We will overlap races slightly to try to finish by 7:00 like we have recently.

5:00 pm: Coachø Meeting

5:30 pm: H.S. Girls: 2 miles

Followed by:

H.S. Boys: 5K

7th and 8th Boys: 1.5 miles

7th and 8th Girls: 1 mile

Elem Girls: 1 mile (Split into 3 divisions individually-5th/6th, 3rd/4th, 2nd & below)

Elem Boys: 1 mile (Split into 3 divisions individually-5th/6th, 3rd/4th, 2nd & below)

(Please check in prior to race)

HS teams **only**, will have to designate their top 7 runners for points in order to run along with the rules during regionals and state. Unlimited runners still allowed, but only those top 7 designated will count for team points. Inform your kids and wedl mark the extras at the starting line.

Place: Helena-¾ mile west & ½ mile north of football field (follow signs)

Fees: \$50: each H.S. team	\$12: H.S. Individuals
\$40: each J.H. team	\$9: J.H. Individuals
\$30: each elem. team	\$7: Elem. Individuals

Awards: Plaques for 1st place teams in each division.

Medals for top 25 finishers (Elem, top 15 per age group)

First 5 finishers on each team determine points

Course Records:

H.S. Boys: Justin Edsall (Lomega) 16:09.16 - 2002

H.S. Girls: Beth Hooten (Canton) 11:48.81 ó 1998

J.H. Boys: Isai Rodriguez (Ringwood) 8:41.10 ó 2012

J.H. Girls: Tatum Carter (Thomas) 5:48.74 ó 2007

Elem Boys: Chad McGolden (Fairview) 6:02.01 ó 2012

Elem Girls: LaShayla Turner (Canton) 6:10.08 ó 2011

Facilities: No Restrooms at course; facilities at football field will be open.

No concession stand this year but there will be water at the finish line.

Additional information or to confirm: Contact Kale Pierce

School: (580) 626-4411 Fax: (580) 626-4414 Home: (580) 496-2377

Cell: (580) 542-0243 E-mail: kpierce@tlake.k12.ok.us

Please fax or e-mail entries and contact info in case of inclement weather.