

ALL-CITY ATHLETIC CONFERENCE
CROSS COUNTRY MEET
SEPTEMBER 27, 2016
(Conference Members Only)

The All-City Athletic Conference (ACAC) Cross Country Meet will be held September 27, 2016 at Woodson Park. There will be four (4) high school (varsity boys & varsity girls and JV boys & girls) and two (2) middle school divisions (girls and boys).

SCHEDULE OF EVENTS: HIGH SCHOOL

- 3:30pm - - - - - Coaches Meeting
- 3:45pm - - - - - JV Girls (3200 Meters)
- 4:00pm - - - - - Varsity Girls (3200 Meters)
- 4:20pm - - - - - Varsity Boys (5000 Meters)
- 4:45pm - - - - - JV Boys (3200 Meters)

SCHEDULE OF EVENTS: MIDDLE SCHOOL

- 5:00pm - - - - - Coaches Meeting
- 5:10pm - - - - - Girls (1600 Meters)
- 5:25pm - - - - - Boys (3200 Meters)

Each high school must enter the varsity division with seven (7) runners before they can enter runners in the JV divisions. Middle school divisions will have unlimited participation; however, only the top five (5) runners from each school will count toward team scores.

Medals for the high school will be presented to the top 15 runners in each varsity boys and varsity girls division. Medals for the middle school will be presented to the top 10 runners in each boys and girls division. Team awards will be presented to the 1st and 2nd place teams in each high school and middle school varsity division.

Please e-mail your roster to Curtis Thompson by 9-23-16 at the email address as listed below.

If you have any questions please contact Coach Thompson:
School: 587-9630 Cell Phone: 514-7416
E-mail: clthompson1@okcps.org