

2016 Oklahoma / Arkansas Cross Country Duel

Date: Saturday, November 19th, 2016

Time: Girls 11:30am (5k)
Boys 12:00pm (5k)

Place: Rogers High School Home Course
2300 South Dixieland Road, Rogers, Arkansas, 72758

Contestants: The Oklahoma team will be made up of the top 20 finishers from the Meet of Champions held at Norman on November 5th. As well as 5 at large spots. The at-large spots will be filled from nominations submitted or the 21st-25th finishers from the Meet of Champions. Any spots not filled will be filled by the next highest finishers from the Meet of Champions. All participants from the Meet of Champions are invited to run in the duel, but only the top 25 runners that show up will make the Oklahoma All Star team, the rest will run as Oklahoma All Star Alternates. *******IF YOUR ATHLETE WANTS TO RUN IN THIS MEET YOU MUST EMAIL JON HUGHES jhughes@elginps.net TO ENTER THE MEET *******

Awards: Top 25 individual finishers in each race will get medals. Each runner on the winning team for the boys and girls will receive a medal. Alternates will not receive a team medal.

Information: Athletes and their parents/coaches are responsible for getting the athletes to the meet and any hotel accommodations. Each athlete will need to wear the jersey that was provided to them at the Meet of Champions. Please be at the course by 10:00am to check in and get your bib, course map, and other information and gear for the race.

Contact Info: Jon Hughes Elgin High School
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