

Claremore Zebra
Cross Country Meet

- DATE:** Friday, September 9th, 2016
- TIME:** Coaches meeting starts at 9:00 a.m. First race starts at 9:15 p.m.
- LOCATION:** Claremore Lake
E. Lowery Rd
Claremore, OK 74017
- DIRECTIONS:** Take Highway 66 to Blue Star drive, turn right on Blue Star,
Go to the stop light, continue to go straight to the stop sign, go straight thru the stop sign for $\frac{3}{4}$ of a mile and the lake entrance will be on the left. Park your busses at the boat ramp.
- DIVISIONS:** H.S. Boys (7 members), H.S. Girls (7 members), J.V. Boys (unlimited), J.V. Girls (unlimited), J.H. Girls (unlimited), J.H. Boys (unlimited)
- DISTANCE:** 5A-6A Boys and Girls 5K, 4A and Below Boys 5K and Girls 2 mile. All Junior High will be 1 mile.
- ENTRY FEE:** \$65 varsity girls, \$65 varsity boys (J.V. Free with varsity fee)
\$50 J.H. girls, \$50 J.H. boys
\$10 per runner if less than 7 runners
- AWARDS:** Top 20 receive medals in Varsity, J.V. and J.H.
First place team in varsity division will receive a plaque.
- SCHEDULE:** 9:00 Coaches Meeting at Finish Line
9:15 J.H. Girls (1 mile)

9:35 J.H. Boys (1 mile)

9:55 J.V. Girls (2 mile)

10:25 Varsity girls (2 mile)

10:55 J.V. Girls (5K)

11:25 J.V. Boys (5K)

11:55 H.S. Girls (5K)

12:25 H.S. Boys (5K)

CONTACT:

Eric Wiens

Head Cross Country Coach

Please send all rosters to

E-Mail- Ewiens@claremore.k12.ok.us

School: 918-341-0724

Cell: 918-261-0197

PAYMENT:

Have all checks made out to:

Claremore Cross Country

201 E. Stuart Roosa

Claremore, OK 74017