

Cross Country Invitational

Date: Saturday, August 20, 2016

RSVP: 8-17-16

Location: Next to the Baseball/Softball Complex, behind the High School, located at 1221 Pioneer.

Divisions: Junior High and High School – JV will run with the varsity and be separated at the end.

Entries: Cost is \$50 per team / \$10 per individual

Awards: 20 Medals per division

Coaches meeting @ 8:45

| <u>Time</u> | <u>Divisions</u> | <u>Distance</u> | <u>Medals</u> |
|-------------|--------------------|-----------------|---------------|
| 9:00 | JH Girls | 1600m | 20 |
| 9:15 | JH Boys | 1600m | 20 |
| 9:40 | Varsity & JV Girls | 2400m | 20 – JV 10 |
| 10:05 | Varsity & JV Boys | 4000m | 20 – JV 10 |

Race times are approximate and will start at the conclusion of the preceding race.

Mail Checks to: Elk City High School

c/o Jim Taylor

222 W. Broadway

Elk City, OK 73644

If you have any questions call - Coach Taylor @ school - 580-225-5043

Cell: 580-374-5419 or

Coach Keyes @ *school*: 580-225-5043

Cell: 580-225-0114