

Harrah Panthers Cross Country Meet

When: Friday, September 23, 2016

Where: Harrah High School Gym
20370 Elm Street, Harrah, OK

The course is located behind the High School gym. Parking available north of gym.

There are 6 divisions (HS Boys, HS Girls, 8th Boys, 8th Girls, 7th Boys and 7th Girls). Races will begin immediately after the previous race finishes.

Coaches Meeting: 11:30

Varsity and JV Girls 2 mile 11:45

Varsity and JV Boys 5k

8th Grade Girls 1.6 miles

8th Grade Boys 1.6 miles

7th Grade Girls 1.6 miles

7th Grade Boys 1.6 miles

Information: The course can be challenging depending on the weather. It has small hills, turns and sometimes mud. A portion ($\frac{1}{3}$ mi) of the course is on an asphalt trail. If you attended last year's meet the course has had a slight change in the route. Medals will be given to the top 25 finishers in each race. No team scores kept. Restrooms will be available.

Concession - Drinks and snacks

Entry Fee: \$65 per division
\$15. per individual
Harrah Middle School

Please send checks to:
Harrah Middle School
1480 N. Dobbs
Harrah, OK 73045

Contact: Zane Casey (work) 405-347-2713 (cell) 405-850-7681
zcasey@harrahschools.com

Please contact me if you plan on attending.