

## HINTON'S RED ROCK CANYON CROSS COUNTRY MEET

This meet is for schools in 2A cross country only! Limited to 8 teams!!

Coach must call Coach Russ and confirm entry.

Date- Tuesday, October 4, 2016

Location- Red Rock Canyon State Park- south side of Hinton

Divisions- 5<sup>th</sup> & 6<sup>th</sup>, Junior High, High School.( No JV races, but each team may enter unlimited number of runners.)

Cost- HS & MS- \$55 per team/ \$10 per individual. 5<sup>th</sup> and 6<sup>th</sup>- \$30 per team / \$6 per individual or (free when you pay for all 4 HS & MS teams).

Coaches meeting at 4:15      Plaques to Champion and Runner-up teams in HS & JH.

Time	Division	Distance	Medals
4:30	5 <sup>th</sup> /6 <sup>th</sup> girls	1600M	30
4:45	5 <sup>th</sup> /6 <sup>th</sup> boys	1600M	30
5:00	MS girls	2400M	20
5:30	MS boys	3200M	20
6:00	HS girls	3200M	20
6:30	HS boys	5000M	20

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

Mail checks to: Hinton High School, c/o Dale Russ, PO box 1036, Hinton OK. 73047  
To confirm entry or ask questions text or call Coach Russ at 405-545-0155.

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**CALL or TEXT TO CONFIRM ENTRY!**