

Inola Longhorn Cross Country Meet

Date: September, 13, 2016

LOCATION: Inola High School

Entry Fee: Varsity teams \$65 per team (\$120) for both boys and girls
J.H. teams \$40 (\$70) for both boys and girls
Individual H.S runner 10.00 each
Individual J.H runner 5.00 each
Elementary Runners are 2.00

Awards: Individual medals given to top 20 in every division
(6th and under boys and girls will run together but will have separate metals)

Schedule:	Time	Distance
Coach meeting	3:15 PM	
Elementary Boys and Girls	3:30 PM	1 Mile
7 th Grade Girls	3:45 PM	1 Mile
8 th Grade Girls	4:00 PM	1 Mile
7 th Grade Boys	4:15 PM	1 Mile
8 th Grade Boys	4:30 PM	1 Mile
9 and 10 th Girls	4:45 PM	2 Miles
11th and 12th Girls	5:15 PM	2 Miles
9th and 10th Boys	5:45 PM	5K
11 th and 12 Boys	6:15 PM	5K

* Times are approximates. Races will start when preceding race ends*

Entry Forms due by Sept 9th

ENTRY FORM:

SCHOOL: _____ **COACH:** _____
Contact #: _____ **Email:** _____

*****And a roster of your runners with grade.*****

Please Email or Fax, Entries to: Kevin Walker

Email:Kwalker@inola.k12.ok.us
School Phone 918-543-1509
Cell 918-760-2071
Fax: (918) 543-6268

A conformation email or text will be sent when entry is received.