

LUTHER CROSS COUNTRY MEET

Saturday, October 1, 2016

Please join us for the annual Luther Lions Cross Country Meet. This course is very challenging and it will test your mettle.

Classifications: 4A & below

Divisions: Middle School and High School (no JV division)

MS Girls: 1 mile

MS Boys & HS Girls: 2 miles

HS Boys: 5K

Entry Fees: \$50/HS Team; \$40/MS Team; \$10/ individuals if less than 5 runners

Awards: Medals through 20; 1st place trophies for each division

Time: Coaches meeting @ 8:45a.m.

Middle School Girls start @ 9:00a.m.

Location: Deadwood Forest; one mile east of Luther track on 178th Street

For more information call Coach Stan Higdon @ (405) 613-1861