

MIDWEST CITY DIVISIONAL

Friday September 9th, 2016

LOCATION: 8700 E. Reno, Midwest City, Ok. Enter by the dog park on Morris McGee Dr.

COURSE: Our course offers hills, tree lined, ducks, geese, squirrels, and rose rocks. Flags or markers @ 1/2 mile, mile, 1 1/2 mile, and 2 mile. We feel like it is a fun and challenging course that your athletes will like.

ENTRY FEES: \$15 PER DIVISION (one runner or 20). Example boys 9, 10, 11, 12 \$ 60.00. Entries for the middle school will be the same.

Send HIGH SCHOOL entries to: MCHS Athletics Attn: Cross Country 213 Elm St. Midwest City, Ok. 73110 (405) 1741, ext. 5157

Make checks payable to Midwest City High School

Send MIDDLE SCHOOL entries to Jarman Middle School, 5 MacArthur dr. Midwest City Ok. 73110 [\(405\) 739-1771](tel:4057391771) attn. Spencer Whitford.

Make checks payable to Jarman Middle School

AWARDS: Medals to Top 15 per division. No team score.

Schedule: 8:30 coaches meeting.
9:00 a m 9-10 boys 5k
9:30 a m 9-10 girls 5k
10:00 a m 11-12 girls 5k
10:30 a m 11-12 boys 5k
11:00 a m 7/8 girls 3200 m
11:30 a m 7/8 boys 3200 m

ENTRIES: All entries including Middle school must be e-mailed to Jeremiah Smith @ josmith@MID-DEL.NET We will time the event ourselves and get results out to you ASAP. Please include runners full name and grade level, so that we can make bibs for them. We will also put their grade on their hand as they enter the finish chute we can separate and award medals.

DEADLINE FOR ALL ENTRIES - WEDNESDAY, SEPT. 7TH 2016

Contact information: Dan Caram, MCHS Cross Country, E-mail: rundmc1952@hotmail.com cell: [405-550-9188](tel:4055509188)