

**Southeastern Oklahoma State University
Cross Country 2016**

**GAC Preview Meet
Saturday, September 10, 2016**

- Race Schedule:** We will follow a rolling schedule – estimated starts times as indicated
University Women 5K – 8:00 a.m.
University Men 8K – 8:30 a.m.
High School Varsity Girls 5K – 9:15 a.m. (7 runners maximum)
High School JV Girls 5K – 9:45 a.m.
High School Varsity Boys 5K – 10:15 a.m. (7 runners maximum)
High School JV Boys 5K – 10:45 a.m.
High School Varsity Girls 3200 (2 mile) – unlimited runners – 11:15 a.m.
- Course:** Location for this year’s meet will be determined.
Beginning in 2017, the meet will be held annually on our new campus course currently under construction. We hope you will join us in the future.
- Entry Fees:** University – \$100 per women’s team, \$100 per men’s team
High School – \$100 per girls’ team, \$100 per boys’ team (\$250 maximum per School)
Individual – \$20 per runner (or for schools with fewer than 5 runners)
- Entry Deadline:** Friday, September 2, 2016
- Entry Procedure:** Enter online at www.directathletics.com
SOSU GAC Preview Meet
- Results:** Printed computerized results (team & individual) will be available
- Awards:** Awards to Men and Women Team Champions and top 20 individuals
- Accommodations:** Hotels – Hampton Inn, Holiday Inn, La Quinta Inn, Comfort Inn
- Meet Director:** Ron Hair, (580)745-2480 office, (940)704-7477 cell, email: rhair@se.edu