

The Charles Sheid Classic

DATE: Tuesday, September 13, 2016

PLACE: **Western Heights Bridgestone Intermediate Center**
(Located on the corner of SW 15th and S. Council in SW OKC) The course is ½ nature trail and is very spectator friendly. We are excited to host a meet again and look forward to seeing you there!

TEAM AWARDS: Team championship plaque to 1st place team in all divisions. No JV team awards.

INDIVIDUAL AWARDS: Medals to top 20 winners in each varsity race, JV, and MS races.

TEAM DIVISIONS AND TIME SCHEDULE:

4:00 Coaches Meeting
4:15í í Varsity Girlsí í í í í í í í í í 5000 m.
4:40í í Varsity Boysí í í í í í í í í í í 5000 m.
5:00í í JV Girlsí í í í í í í í í í í ...5000 m.
5:25í ..JV Boysí í í í í í í í í í í í 5000 m.
6:00í ..MS Girlsí í í í í í í í í í í í 2400 m.
6:20í ..MS Boysí í í í í í í í í í í í 2400 m.

TEAM FEES: \$65 for each varsity team
\$40 for each JH team
\$5 individual runners
Free JV teams with competing varsity team entry

DRESSING FACILITIES: Port-a-potties will be available or the school will be open.

MAIL ENTRIES OR
BRING ENTRIES TO: Western Heights High School
Dusty Walden
Athletic Director
8201 SW 44th St.
Oklahoma City, Ok 73179

Please email me your varsity names if you plan on attending!
Deadline is Friday September 9th 2016

ANY QUESTIONS PLEASE CALL OR EMAIL JAMES MCMAHAN
CELL-(405)-473-9741 EMAIL- james.d.mcmahan@westernheights.k12.ok.us