

HINTON'S RED ROCK CANYON CROSS COUNTRY MEET

This meet is for schools in 2A cross country only! Limited to 12 teams!!

Coach must call or text Coach Russ and confirm entry.

Date- Tuesday, October 3, 2017

Location- Red Rock Canyon State Park- south side of Hinton

Divisions- 5th & 6th, Junior High, High School.(No JV races, but each team may enter unlimited number of runners.)

Cost- HS & MS- \$55 per team/ \$10 per individual. 5th and 6th- \$30 per team / \$6 per individual or (free when you pay for all 4 HS & MS teams).

Coaches meeting at 4:15 Plaques to Champion and Runner-up teams in all divisions.

Time	Division	Distance	Medals
4:30	5 th /6 th girls	1600M	20
4:45	5 th /6 th boys	1600M	20
5:00	MS girls	2400M	20
5:30	MS boys	3200M	20
6:00	HS girls	3200M	20
6:30	HS boys	5000M	20

Race times are approximate and will start at the conclusion of the preceding race.

Mail checks to: Hinton High School, c/o Dale Russ, PO box 1036, Hinton OK. 73047

To confirm entry or ask questions text or call Coach Russ at 405-545-0155.

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CALL or TEXT TO CONFIRM ENTRY!