

# Sequoyah High School

16405 S. 4180 Rd.  
Claremore, OK 74017

## 5th Annual Cross Country Meet Saturday, August 26, 2017

**Location:** Behind Mid High and High School campus which is located 4 miles north of Claremore on highway 66. Park in east parking lot of Mid High.

<b>Schedule:</b>	<b>Time:</b>	<b>Distance:</b>
Coaches Meeting	8:40	Starting Line
Elementary Girls	8:45	1600M
Elementary Boys	9:00	1600M
Middle School Girls	9:15	1600M
Middle School Boys	9:30	1600M
9 <sup>th</sup> -10 <sup>th</sup> Girls	9:45	1600M
11 <sup>th</sup> -12 <sup>th</sup> Girls	10:00	1600M
9 <sup>th</sup> -10 <sup>th</sup> Boys	10:15	3200M
11 <sup>th</sup> -12 <sup>th</sup> Boys	10:45	3200M

\*Times on the races are approximates. Races will start when the preceding race ends.

**Awards:** Individual medals given to the top 20 in every division.

**Course:** Course will be in a field with gentle terrain and a few trees. Course maps will be available that morning at check in at 8:00 A.M.

**Entry Fee:** High School Teams / \$55 per team (\$100 for both Boys and Girls)  
Middle School Teams / \$40 per team (\$70 for both Boys and Girls)  
Individual Runners / \$10 each    Middle School Individuals / \$5 each  
Elementary Runners / \$2 each

**\*If entering Boys and Girls Middle School and High School divisions/ \$150**

**Concession:** There will be a small concession stand with drinks and snacks.

**Entry Deadline:** There is no entry deadline. We would like you to e-mail us your roster so we will know how many runners to expect by August 25.

**Meet Director:** Brad Holt    Cell Phone: (918)605-0201  
Work Phone: (918)341-5537  
E-mail: brad.holt@sequoyaheagles.net

# Roster Entry Sheet

Name of School \_\_\_\_\_

Name of Coach \_\_\_\_\_ Cell # \_\_\_\_\_

E-mail \_\_\_\_\_

**Circle the division and print the names of the athletes entered for each race.  
Duplicate this sheet as needed.**

**M.S. Girls**

**Varsity Girls**

**M.S. Boys**

**Varsity Boys**

1. \_\_\_\_\_

16. \_\_\_\_\_

2. \_\_\_\_\_

17. \_\_\_\_\_

3. \_\_\_\_\_

18. \_\_\_\_\_

4. \_\_\_\_\_

19. \_\_\_\_\_

5. \_\_\_\_\_

20. \_\_\_\_\_

6. \_\_\_\_\_

21. \_\_\_\_\_

7. \_\_\_\_\_

22. \_\_\_\_\_

8. \_\_\_\_\_

23. \_\_\_\_\_

9. \_\_\_\_\_

24. \_\_\_\_\_

10. \_\_\_\_\_

25. \_\_\_\_\_

11. \_\_\_\_\_

26. \_\_\_\_\_

12. \_\_\_\_\_

27. \_\_\_\_\_

13. \_\_\_\_\_

28. \_\_\_\_\_

14. \_\_\_\_\_

29. \_\_\_\_\_

15. \_\_\_\_\_

30. \_\_\_\_\_