

Tiger Dash Cross Country Meet

Friday, September 28th

Location: Campus of Ardmore High School
511 Veterans Blvd
Ardmore, OK 73401

Parking: Buses need to park in the Middle School Parking lot at 511 Veterans Blvd. Parking is reserved for spectators in the Administration Building parking lot just east of the High School.

Course details: Course is flat and fast with a few sharp turns and small inclines. The start/finish line will be between the Middle School and High School buildings. A majority of the course will be in this area making it very spectator friendly.

Times:

9:00 Coaches meeting
9:45 Small School Varsity Girls 3200 meters
10:15 Small School Varsity Boys 5000 meters
10:45 JH Girls 2400 meters
11:00 JH Boys 2400 meters
11:30 Large School Varsity Girls 5000 meters
12:00 Large School Varsity Boys 5000 meters

Awards: Medals to the top fifteen finishers in each division. Team Champion and Runner-Up plaques for Varsity divisions. Champion plaques for JH divisions.

Entry information:

\$75 for Varsity teams(\$135 for both genders)
\$60 for Junior High teams(\$100 for both genders)
Please email bbell@ardmoreschools.org by September 14th to let us know how many teams to expect. Email rosters to: bbell@ardmoreschools.org no later than Tuesday, September 25th. Please make checks payable to Ardmore Cross Country.

Restrooms: We will provide access to the Middle School restrooms

For further questions:

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