

# Inola Longhorn Cross Country Meet

**Date:** September, 11, 2018

**LOCATION:** Inola High School

**Entry Fee:** Varsity teams \$65 per team (\$120) for both boys and girls

J.H. teams \$40 (\$70) for both boys and girls

Individual H.S runner 10.00 each

Individual J.H runner 5.00 each

Elementary Runners are 2.00

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

<b>Schedule:</b>	<b>Time</b>	<b>Distance</b>
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Coach meeting	11:00 AM	
Elementary Girls	11:15 AM	1 Mile
Elementary Boys and	11:30 AM	1 Mile
7 <sup>th</sup> Grade Girls	11:45 AM	1 Mile
8 <sup>th</sup> Grade Girls	12:00 PM	1 Mile
7 <sup>th</sup> Grade Boys	12:15 PM	1 Mile
8 <sup>th</sup> Grade Boys	12:30 PM	1 Mile
9 and 10 <sup>th</sup> Girls	12:45 PM	2 Miles
11th and 12th Girls	1:15 PM	2 Miles
9th and 10th Boys	1:45 PM	5K
11 <sup>th</sup> and 12 Boys	2:15 PM	5K

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

## Entry Forms due by Sept 7th

ENTRY FORM:

SCHOOL: \_\_\_\_\_ COACH: \_\_\_\_\_

Contact #: \_\_\_\_\_ Email: \_\_\_\_\_

\*\*\*And a roster of your runners with grade.\*\*\*

Please Email or Fax, Entries to: Coach Maple

Email:coachmaple1@gmail.com

School Phone 918-543-1549

Cell 918-961-4541 Fax: (918) 543-2345

A conformation email or text will be sent when entry is received.