



Significant 7

High School Cross Country Meet

This is a unique format where each member of a team of 7 runs a separate race against the corresponding members of other teams. The #7 runner is in a race against the #7 runner of the other teams. The #6 competes against the other #6s, and so on until the #1 runners compete in the final race.

Date: Thursday, September 20th

Location: O'Brien Park ó 6149 N. Lewis Ave, Tulsa, OK 74130

Parking: Enter from E. 66th St. N. and park near baseball complex.

Course: Race distances are 2 miles for JV and 5000m for Varsity. Course is a flat to gentle rolling grass/trail course. Restrooms are available on site.

Race Schedule:

- 1:00 P.M. Packet pick-up
- 1:30 P.M. Coaches meeting
- 2:00 P.M. JV races start every 10 minutes beginning with the #7 runners. JV boys and girls will compete at the same time.
- 3:15 P.M. Varsity races start every 15 minutes beginning with the #7 runners. Varsity boys and girls will compete at the same time.

Awards: Medals will be awarded to the top 5 male and female finishers in each race. Team plaques will go to the first and second place male and female teams based on cumulative finish place points of the #1-5 runners.

Results: Meet timing and results provided by Tatur Racing.

Entry fee: Varsity \$75 per team (boys and girls \$150), JV \$55 per team (boys and girls \$110). Individuals ó Less than 5 runners, \$15 per person. Make checks out to Tulsa Public Schools Athletics.

Registration: Register your team by emailing Steve Friebus at friest@tulsaschools.org to request the registration form. **Deadline for registration is Monday, September 17th at 6:00 P.M.**

Contact Information: Steve Friebus, friest@tulsaschools.org

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