

5 Lakes Conference Meet

Sequoyah Claremore
16405 S. 4180 Rd.
Claremore, OK 74017

Monday, October 14, 2019

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.

Schedule:	Time:	Distance:
Coaches Meeting	4:00	Starting Line
Middle School Girls (6 th -8 th)	4:15	1900M
Middle School Boys (6 th -8 th)	4:30	1900M
High School Girls (9 th -12 th)	4:45	3200M
High School Boys (9 th -12 th)	5:15	5K

*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. There will be no team plaques.

Course: Course will be in a field with gentle terrain and a few trees. Course maps will be available.

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

Entry: Email rosters to brad.holt@sequoyaheagles.net

Entry Deadline: Friday October 11

Meet Director: Brad Holt Cell Phone: (918)605-0201
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