

Kiefer Cross Country Regional

Class 2A, 3A and 4A

Saturday, October 19, 2019

Location: Meet will be held at the Kiefer Football Field in Kiefer (4600 West 151st Street South, Kiefer, OK 74041)

Parking: Cars can park in the high school (north)parking lot and the event center (north and south)parking lot. Buses can let their runners off on the west side of the event center. Bus parking will be located at Rig Iron northeast of the high school. There will be shuttles to get coaches to and from the buses.

TIME & DISTANCE			
	4A Coaches Meeting	Finish Line Area	9:15am
	4A Girls	3200 Meters	10:00am
	4A Boys	5000 Meters	10:45am
	4A Awards Presentation	Home Bleachers	11:30am
	2A Coaches Meeting	Finish Line Area	11:15am
	2A Girls	3200 Meters	12:00pm
	2A Boys	5000 Meters	12:45pm
	2A Awards Presentation	Home Bleachers	1:30pm
	3A Coaches Meeting	Finish Line Area	1:15pm
	3A Girls	3200 Meters	2:00pm
	3A Boys	5000Meters	2:45pm
	3A Awards Presentation	Home Bleachers	3:30pm

AWARDS Top 15 Places

Team Plaque for Champion

REGISTRATION OF CROSS-COUNTRY TEAMS—INSTRUCTIONS

On-line Entry Deadline: **Thursday, October 17th @ 5pm**. All entries must be completed on-line at: www.runendurousa.com (Complete All Steps.) Please enter your TEAM (athletes, up to 7 runners) before the deadline. If you have questions regarding your ENDURO Entries account, please contact Kevin McWatters at: kevin@endurousa.com

Cheyenne Castillo

Kiefer Schools

ccastillo@kiefer.k12.ok.us

Cell Phone: 918-504-0356 School Phone: 918-321-3533



- Run only 7 or less runners in the race.
- Each runner should be wearing a matching uniform (singlet and shorts) if they are on a team of 5-7 runners. They should be school issued uniforms.
- Undergarments do not have to match.
- Run within 6 feet of the marked line on the course.
- Place team camps designated area.
- No spectators on the football field during the awards presentation.
- Please help keep your spectators off the course and outside roped areas and remind them not to run with a competitor during the competition.

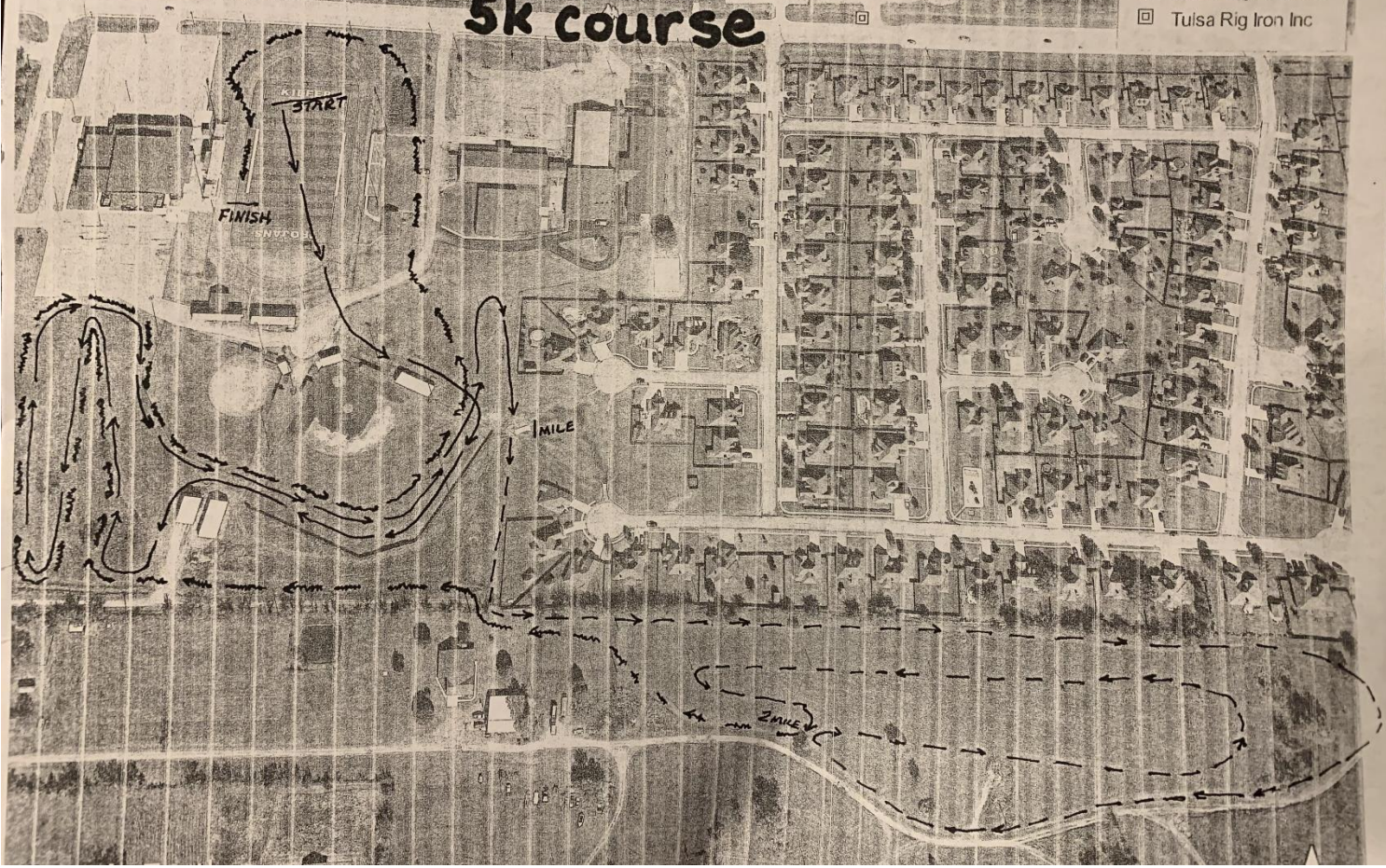
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Write a description for your map.

KIEFER 5k course

Legend



- 1st MILE ———→
- 2nd MILE - - - - -→
- 3rd MILE ~ ~ ~ ~ ~→
-  Kiefer High School
-  Tulsa Rig Iron Inc



Untitled Map

Write a description for your map.

Legend

-  Kiefer High Scho
-  Tulsa Rig Iron Inc

2 MILE COURSE



Google Earth