



Cushing Tigers

XC Invitational



(Thursday, October 10, 2019)

Location: Cushing Middle School,

521 S. Harmony

Schedule:

9:45am	Coaches Meeting
10:00am	JH Girls (1 mile)
10:20am	JH Boys (2 mile)
10:50am	HS Girls (2 mile)
11:30am	HS Boys (5K)

**Course maps will be available when you arrive Thursday morning. Coaches will fill out runners tags at the meet.

Team Award/Medals: 1st place team trophy in all divisions & Top 15 individual medals in all divisions

Entry Fees: \$60 per HS team (\$120 for both Girls and Boys)

\$40 per JH team (\$80 for both Girls and Boys)

\$10 per individual if less than 5 runners

*Make checks payable to Cushing High School

Our meet is during the school day, but if you have any elementary runners (6th grade or younger) that would like to compete, they can run in the JH division. Count them as a runner on your JH team.

If you have any questions please contact Nathan Reed

Email nathan.reed@cushing.k12.ok.us or by cell at (918)944-3177