

Inola Longhorn Cross Country Meet

Date: September, 10, 2019

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

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

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

Entry Forms due by Sept 6th

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.