

LUTHER CROSS COUNTRY MEET

Saturday, September 28th 2019

Please join us for our 6th annual cross country meet. This course is very challenging and it will test your mettle.

Classifications: 4A & under

Divisions: Middle School & High School (no JV Division)

MS Boys & Girls: 1 mile

HS Girls: 2 miles

HS Boys: 5K

Entry Fees: \$75/HS Team; \$60/MS Team; \$15/ individuals if less than 5 runners

Awards: Medals through 25; 1st & 2nd place trophies for each division

Time: Coaches meeting @ 8:45a.m. Middle School starts @ 9:00a.m.

Location: Deadwood Forest; 178th & Dobbs, one mile east of Luther Track on 178th Street.

For more information call Coach Stan Higdon @ (405)613-1861.

I DO NOT TEXT!!!