

Okemah Public Schools
107 W. Date
Okemah, Oklahoma 74859
918-623-1874

R.L. Vick
Superintendent

Melissa Turner
High School Varsity XC Coach

6th Annual Okemah Cross Country Meet

I would like to extend to you an invitation to the Okemah Panther Cross Country Meet. It will be held on Saturday, August 31, 2019. This meet is for Class 3A and below. The location of the meet will be on the Okemah High School campus, 704 East Date St., Okemah, OK 74859. Overall winner for HS boys and girls division will receive a plaque. NO TEAM award

<i>8:30AM</i>	<i>Coaches Meeting</i>		
<i>8:45AM</i>	<i>Elementary (B & G)</i>	<i>1 mile, Award to all finishers</i>	
<i>9:00AM</i>	<i>JH Girls (7 & 8)</i>	<i>1 mile</i>	<i>25 medals</i>
<i>9:20AM</i>	<i>JH Boys (7 & 8)</i>	<i>1 mile</i>	<i>25 medals</i>
<i>9:40AM</i>	<i>HS girls (7)</i>	<i>1mile</i>	<i>25 medals</i>
<i>10:00AM</i>	<i>HS boys (7)</i>	<i>2miles</i>	<i>25 medals</i>

Cost: HS \$50 per team, JH \$40.00 per team, Elementary \$20.00 for the one division, Individuals: \$5.00 for elementary and \$10.00 for JH/HS student athletes. Deadline will be August 29, 2019.

Mail Payment:

*Okemah Public Schools
OHS Cross Country
ATTN: Melissa Turner
107 W. Date St.
Okemah, OK 74859*

For more information, contact Melissa Turner (918-285-0928) or email mturner@okemahk12.com

***Parking near the Panther Dome and restrooms at the Okemah Track.**
****Only OSSAA Member Schools will be allowed to participate, No unattached runners allowed.**