

**Southeastern Oklahoma State University
Cross Country 2019**

**Southeastern Invitational
Friday, September 13, 2019**

- Race Schedule:** We will follow a rolling schedule – estimated starts times as indicated
High School Varsity Girls 5K – 2:30 p.m. (7 runners maximum)
High School JV Girls 5K – 3:00 p.m. (unlimited runners)
High School Varsity Boys 5K – 3:30 p.m. (7 runners maximum)
High School JV Boys 5K – 4:00 p.m. (unlimited runners)
High School Varsity Girls 3200 (2 mile) – 4:30 p.m. (unlimited runners)
Junior High Girls – 5:00 p.m. (unlimited runners)
Junior High Boys – 5:30 p.m. (unlimited runners)
- Course:** The meet will be held on Southeastern State University’s new cross country course located on campus
- Entry Fees:** Varsity Girls and Boys – \$100 per team (\$200 for both)
Varsity Girls and Boys with JV Teams - \$300
Varsity Girls and Boys with JV Teams and JH Teams - \$350
Junior High only Girls and Boys - \$50 per team (\$100 for both)
Individual – \$20 per runner (or for schools with fewer than 5 runners)
- Entry Deadline:** Monday, September 9, 2019
- Entry Procedure:** Please email rhair@se.edu with your intent to compete.
Enter online at www.directathletics.com
Southeastern Invitational
Registration opens September 3, 2019
- Results:** Printed computerized results (team & individual) will be available
- Awards:** Awards to Girls and Boys Team Champions and top 20 individuals
- Accommodations:** Hotels – Hampton Inn, Holiday Inn, La Quinta Inn, Comfort Inn
- Meet Director:** Ron Hair, (580)745-2480 office, (940)704-7477 cell, email: rhair@se.edu