

# Sequoyah High School

16405 S. 4180 Rd.  
Claremore, OK 74017

## 7th Annual Cross Country Meet Saturday, August 24, 2019

**Location:** Behind Mid High and High School campus which is located 4 miles north of Claremore on highway 66. Park in east parking lot of Mid High.

| <b>Schedule:</b>                         | <b>Time:</b> | <b>Distance:</b> |
|--|--------------|------------------|
| Coaches Meeting                          | 8:40         | Starting Line    |
| Elementary Girls                         | 8:45         | 1600M            |
| Elementary Boys                          | 9:00         | 1600M            |
| Middle School Girls                      | 9:15         | 1600M            |
| Middle School Boys                       | 9:30         | 1600M            |
| 9 <sup>th</sup> -10 <sup>th</sup> Girls  | 9:45         | 1600M            |
| 11 <sup>th</sup> -12 <sup>th</sup> Girls | 10:00        | 1600M            |
| 9 <sup>th</sup> -10 <sup>th</sup> Boys   | 10:15        | 3200M            |
| 11 <sup>th</sup> -12 <sup>th</sup> Boys  | 10:45        | 3200M            |

\*Times on the races are approximates. Races will start when the preceding race ends.

**Awards:** Individual medals given to the top 20 in every division.

**Course:** Course will be in a field with gentle terrain and a few trees. Course maps will be available that morning at check in at 8:00 A.M.

**Entry Fee:** High School Teams / \$55 per team (\$100 for both Boys and Girls)  
Middle School Teams / \$40 per team (\$70 for both Boys and Girls)  
Individual Runners / \$10 each Middle School Individuals / \$5 each  
Elementary Runners / \$2 each

**\*If entering Boys and Girls Middle School and High School divisions/ \$150**

**Concession:** There will be a small concession stand with drinks and snacks.

**Entry Deadline:** There is no entry deadline. We would like you to e-mail us your roster so we will know how many runners to expect by August 24.

**Meet Director:** Brad Holt Cell Phone: (918)605-0201  
Work Phone: (918)341-5537  
E-mail: brad.holt@sequoyaheagles.net

# Roster Entry Sheet

Name of School \_\_\_\_\_

Name of Coach \_\_\_\_\_ Cell # \_\_\_\_\_

E-mail \_\_\_\_\_

**Circle the division and print the names of the athletes entered for each race.  
Duplicate this sheet as needed.**

**M.S. Girls**

**Varsity Girls**

**M.S. Boys**

**Varsity Boys**

1. \_\_\_\_\_

16. \_\_\_\_\_

2. \_\_\_\_\_

17. \_\_\_\_\_

3. \_\_\_\_\_

18. \_\_\_\_\_

4. \_\_\_\_\_

19. \_\_\_\_\_

5. \_\_\_\_\_

20. \_\_\_\_\_

6. \_\_\_\_\_

21. \_\_\_\_\_

7. \_\_\_\_\_

22. \_\_\_\_\_

8. \_\_\_\_\_

23. \_\_\_\_\_

9. \_\_\_\_\_

24. \_\_\_\_\_

10. \_\_\_\_\_

25. \_\_\_\_\_

11. \_\_\_\_\_

26. \_\_\_\_\_

12. \_\_\_\_\_

27. \_\_\_\_\_

13. \_\_\_\_\_

28. \_\_\_\_\_

14. \_\_\_\_\_

29. \_\_\_\_\_

15. \_\_\_\_\_

30. \_\_\_\_\_