



Presents the
“Significant 7”

Open High/Middle School Cross Country Meet

This is a unique meet format where each member of a team of 7 runs a separate race against the corresponding members of other teams. The #7 runner is in a race against the #7 runner of the other teams. The #6 competes against the other #6s, and so on until the #1 runners compete in the final race. This is not a relay, but a team score is calculated based on the finishing place of the team member in each race.

Date: Thursday, September 5th

Location: O'Brien Park ó 6149 N. Lewis Ave, Tulsa, OK 74130

Parking: Enter from E. 66th St. N. and park near baseball complex.

Course: Race distances are 2 miles for JH/JV and 5000m for Varsity. Course is a flat to gentle rolling grass/trail course. Restrooms are available on site.

Race Schedule:

Packet pick-up 1 hour prior to division race start

Coaches meeting 30 minutes prior to division race start

10:30 A.M. JV races start every 20 minutes beginning with the #7 runners. JV boys and girls will compete at the same time.

1:00 P.M. Varsity races start every 20 minutes beginning with the #7 runners. Varsity boys and girls will compete at the same time.

3:30 P.M. Junior High races start every 20 minutes beginning with the #7 runners. JH boys and girls will compete at the same time.

JV Boys and Girls

#7 runners 10:30 a.m.

#6 runners 10:50 a.m.

#5 runners 11:10 a.m.

#4 runners 11:30 a.m.

#3 runners 11:50 a.m.

#2 runners 12:10 p.m.

#1 runners 12:30 p.m.

Varsity Boys and Girls

#7 runners 1:00 p.m.
#6 runners 1:20 p.m.
#5 runners 1:40 p.m.
#4 runners 2:00 p.m.
#3 runners 2:20 p.m.
#2 runners 2:40 p.m.
#1 runners 3:00 p.m.

Junior High Boys and Girls

#7 runners 3:30 p.m.
#6 runners 3:50 p.m.
#5 runners 4:10 p.m.
#4 runners 4:30 p.m.
#3 runners 4:50 p.m.
#2 runners 5:10 p.m.
#1 runners 5:30 p.m.

Awards: Medals will be awarded to the top 5 male and female finishers in each race. Team plaques will go to the first and second place male and female teams based on cumulative finish place points of the #1-5 runners.

Results: Meet timing and results provided by Tatur Racing.

Entry fee: Varsity \$75 per team (if both boys and girls \$140), JV \$55 per team (if both boys and girls \$100), Junior High \$55 per team (if both boys and girls \$100). Individuals 6 or less than 5 runners, \$15 per person. Make checks out to Tulsa Public Schools Athletics.

Registration: Register your team by emailing Steve Friebus at friest@tulaschools.org to request the registration form. **Deadline for registration is Tuesday, September 3rd at 6:00 P.M.**

Contact Information: Steve Friebus, friest@tulaschools.org
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