

# WISTER CROSS COUNTRY MEET

Date: September 24, 2019

**Location:** Wister Lake State Park

Victory Landing Campground

**Time Schedule:** 4:00 Coaches Meeting

4:15 JH Girls 1 mile

4:45 JH Boys 2 Mile

5:10 HS Girls 2 Mile

5:40 HS Boys 5K

Medals will be given to the top 25 participants in every division.

**Entry Fee:** JH & HS Teams-\$60 per team (5 +) & \$10 per individual

Please email entries to [natalie.ford@wisterschools.org](mailto:natalie.ford@wisterschools.org) by September 19<sup>th</sup>.  
Race Day entries will be accepted!

**Contact:** Natalie Ford

Cross Country Coach

[natalie.ford@wisterschools.org](mailto:natalie.ford@wisterschools.org)

(918) 839-4044

Albert Cole

Principal

[albert.cole@wisterschools.org](mailto:albert.cole@wisterschools.org)

(405) 564-3668