

# CARL ALBERT STATE COLLEGE & POTEAU HIGH SCHOOL CROSS COUNTRY MEET FRIDAY, SEPTEMBER 25th

**WHERE** - Carl Albert State College - Poteau, Oklahoma

## **SCHEDULE** -

|       |  |
|-------|--|
| 8:00  | College/Open Women - 5K                    |
| 8:30  | College/Open Men - 5K                      |
| 9:00  | Middle School Girls - 2 Mile               |
| 9:30  | Middle School Boys - 2 Mile                |
| 10:00 | Elementary Boys and Girls Fun Run - 1 Mile |
| 10:15 | High School Girls - 2 Mile                 |
| 10:45 | High School Boys - 5K                      |

## **ENTRY FEES** -

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

## **CONTACT** -

Race Directors - Tom Brennan - 918-658-0478 [brennant@poteau.k12.ok.us](mailto:brennant@poteau.k12.ok.us)

**ENTRIES - E-mail entries is preferred.** Deadline - September 16th - 3:30 pm - Make Checks payable to Poteau High School Athletics, 100 Pirate Lane, Poteau, OK 74953 918-647-7700

VIKING/PIRATE CROSS COUNTRY MEET  
ROSTER ENTRY SHEET

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

CELL PHONE NUMBER \_\_\_\_\_

MIDDLE SCHOOL BOYS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MIDDLE SCHOOL GIRLS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*Use back of page for more entries.*

VIKING/PIRATE CROSS COUNTRY MEET  
ROSTER ENTRY SHEET

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

CELL PHONE NUMBER \_\_\_\_\_

HIGH SCHOOL BOYS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

HIGH SCHOOL GIRLS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*Use back of page for more entries.*

VIKING/PIRATE CROSS COUNTRY MEET  
ROSTER ENTRY SHEET

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

CELL PHONE NUMBER \_\_\_\_\_

COLLEGE MEN

COLLEGE WOMEN

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

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

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

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

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

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

31. \_\_\_\_\_

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

32. \_\_\_\_\_

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

33. \_\_\_\_\_

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

34. \_\_\_\_\_

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

35. \_\_\_\_\_

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

36. \_\_\_\_\_

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

37. \_\_\_\_\_

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

38. \_\_\_\_\_

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

39. \_\_\_\_\_

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

40. \_\_\_\_\_

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

41. \_\_\_\_\_

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

42. \_\_\_\_\_

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

*Use back of page for more entries.*