

Sequoyah High School

16405 S. 4180 Rd.
Claremore, OK 74017

10th Annual Cross Country Meet Saturday, August 27, 2022

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.

Schedule:	Time:	Distance:
Coaches Meeting	8:40	Starting Line
Elementary Girls	8:45	1900M
Elementary Boys	9:00	1900M
Middle School Girls	9:15	1900M
Middle School Boys	9:30	1900M
9 th -10 th Girls	9:45	1900M
11 th -12 th Girls	10:00	1900M
9 th -10 th Boys	10:15	3200M
11 th -12 th 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 / \$60 per team (\$110 for both Boys and Girls)
Middle School Teams / \$45 per team (\$80 for both Boys and Girls)
Individual Runners / \$10 each Middle School Individuals / \$5 each
Elementary Runners / \$3 each

***If entering Boys and Girls Middle School and High School divisions/ \$180**

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