



## 2022 Tulsa 7 Conference Cross Country Championships

### Cleveland Tiger Cross Country Invitational Meet

Thursday, October 06, 2022

**\*Meet will be held at Feyodi Creek located at 51131 US HWY-64; Cleveland, Oklahoma; 74020**

**ALL MIDDLE SCHOOL & HIGH SCHOOL TEAM ROSTERS MUST BE SUBMITTED THROUGH ENDURO BY Tuesday, October 4<sup>th</sup> at 5:00 pm @ [www.runendurouso.com](http://www.runendurouso.com). PLEASE CONTACT MARTIN UPDIKE [martin@i40raceservice.com](mailto:martin@i40raceservice.com) 918-577-1965, with any roster questions.**

#### SCHEDULE OF EVENTS

02:00 p.m.	-	Coaches Meeting @ Pavillion
02:30 p.m.	-	Middle School Girls (1 mile; medals to Top 20)
03:00 p.m.	-	Middle School Boys (1 mile; medals to Top 20)
03:30 p.m.	-	High School Girls (2 miles; medals to Top 20)
04:00 p.m.	-	High School Boys (5km; medals to Top 20)
04:30 p.m.	-	Tulsa 7 Conference Awards Presentation

\* COACHES: IF YOU ARE PLANNING ON PARTICIPATING IN OUR MEET, PLEASE GO TO [www.endurouso.com](http://www.endurouso.com) TO ENTER YOUR TEAM(S).

1st & 2nd place team plaques for junior high & varsity divisions in both the open meet and the conference meet (races will be run together and awards will be distributed separately). Tulsa 7 Conference medals will be awarded to the Top 3 in each division for conference runners.

**\*Conference schools will compete in the Tulsa 7 Conference Championship and Cleveland Invitational simultaneously.**

Cost: High School boys \$75; High School girls \$75; Junior High boys \$50 Junior High girls \$50; All teams \$200; Individuals \$10.00

#### **Mail payment to:**

Cleveland Public Schools Athletics  
Attn: Daniel Brimmer  
600 North Gilbert Avenue  
Cleveland, Oklahoma 74020

#### **Questions?:**

Cleveland XC Head Coach: Jeremy McKinney  
Office: (918)358-2210 (ext. 302)  
Cell: (918)770-2858  
Email: [jeremymckinney@clevelandtigers.com](mailto:jeremymckinney@clevelandtigers.com)

Cleveland Athletic Director: Daniel Brimmer

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