

# 5 Lakes Conference Meet

Sequoyah Claremore  
16405 S. 4180 Rd.  
Claremore, OK 74017

**Monday, October 16, 2023**

**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.

<b>Schedule:</b>	<b>Time:</b>	<b>Distance:</b>
Coaches Meeting	4:15	Starting Line
Middle School Girls (6 <sup>th</sup> -8 <sup>th</sup> )	4:30	1900M
Middle School Boys (6 <sup>th</sup> -8 <sup>th</sup> )	4:45	1900M
High School Girls (9 <sup>th</sup> -12 <sup>th</sup> )	5:00	3200M
High School Boys (9 <sup>th</sup> -12 <sup>th</sup> )	5:30	5K

\*Times on the races are approximates. Races will start when the preceding race ends.

**Awards:** Individual medals given to the top 15 in High School divisions and top 20 in Middle School divisions. There will be no team plaques.

**Course:** Course will be in a field with gentle terrain and a few trees. Course maps will be available.

**Concession:** There will be a small concession stand with drinks and snacks.

**Entry:** Email rosters to [brad.holt@sequoyaheagles.net](mailto:brad.holt@sequoyaheagles.net)

**Entry Deadline:** Sunday, October 15 by 5:00 P.M.

**Meet Director:** Brad Holt    Cell Phone: (918)605-0201  
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