



Dear Coach,

We would like to invite you to the Goodwell/Texhoma Cross Country Invitational Meet. The meet will be held on Saturday, August 12, 2023. The course will be located at the OPSU walking trail in Goodwell.

Registration: “Please register your runners through the following link.

[Goodwell Cross Country Meet 2023 - Meet Information \(milesplit.com\)](#). “

Entries need to be submitted not later than August 10 at 5:00 p.m. If you have any questions you can email Lorinda at (lorindac@fairpoint.net) EL and Fun Run entries can be emailed to me at kjblickenstaff@goodwell.k12.ok.us

Coach’s Meeting @ 8:30

High School Girls	9:00 A.M.
Junior High Girls	9:30 A.M.
Junior High Boys	10:00 A.M.
High School Boys	10:30 A.M.
Elementary Girls	11:00 A.M.
Elementary Boys	11:30 A.M.
FUN RUN (K-4th Grade)	12:00 p.m.

Runners: Any number of runners may participate from a school and compete for individual medals, but only the top 7 will be used for team scoring.

Awards: Medals will be awarded for the top 20 in each high school and each junior high and each elementary.

Entry Fees: \$75.00 per High School Team (boys or girls)
\$50.00 per Junior High Team (boys or girls)
\$40.00 per Elementary Team (boys and girls) (5/6)

Individuals: \$15 per individual in JH/HS for each team with less than 5 runners
\$10 per individual in **EL** for each team with less than 5 runners and Fun Run participants
(Elementary runs and Fun Run will not be officially timed, coaches and parents are responsible)

Make checks payable to “Goodwell Cross Country”

There will be Porta Potties on the course and bottled water will be provided for your athletes once they finish. The course will be the same as last year, it’s a little short for all races but with the heat and all it’s a good start to the season since it’s the first meet. We look forward to seeing you! If you have any questions, feel free to contact me at 806-316-2668, or email me at kjblickenstaff@goodwell.k12.ok.us

Thank you,

Kari Jo Blickenstaff