

**OKEMAH 10TH ANNUAL CROSS COUNTRY MEET
SATURDAY, SEPTEMBER 2, 2023
OKEMAH HIGH SCHOOL**

LOCATION: Okemah High School Campus - 704 E. Date

INFORMATION: We will be using computer timing so please email your entries in advance. If you do not know who you will be bringing, that's ok, go ahead and email all possible entries even if they may or may not run. Due to the size of this meet we ***WILL NOT*** accept race day entries. Email all possible entries to snorman@okemahk12.com or mlhurst@okemahk12.com; please include the following information: Name, gender, grade, and school. Deadline is 5:00PM September 1, 2023.

ENTRY FEE: \$80 varsity per gender, \$60 junior high per gender, and \$40 elementary combined. If you have less than a full team in a division the price is \$20 per individual, not to exceed the team entry fee. ***WATER WILL BE PROVIDED FOR RUNNERS AND WE WILL HAVE CONCESSIONS FOR DRINKS AND SNACKS FOR SPECTATORS.***

CLASS: 3A & below

AWARDS: Top-25 finishers in each division will receive a custom medal at the end of the finish line chute. Overall winners for the JH/HS girls and boys divisions will receive a plaque, NO TEAM awards.

RESULTS: Results will be posted on the boards near the track building behind the bleachers at the conclusion of each race.

PARKING: Buses: please park south of the Panther Dome.

SCHEDULE: 8:30am - Coaches Meeting
8:45am - HS Girls 2 miles
9:10am - HS Boys 5K
9:30am - JH Girls 1 mile
9:45am - JH Boys 1 mile
10:00am - Elementary boys and girls 1 mile (6th grade and below)
AWARDS TO ALL FINISHERS