

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

11th Annual Cross Country Meet
Saturday, August 26, 2023

Location: Behind Mid High and High School campus which is located 4 miles north of Claremore on highway 66. Park in parking lot of high school and south of playground past mid high. Please enter from the bank road (the back entrance going by log cabin house).

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
***If entering Boys and Girls Middle School and High School divisions/ \$180**
Elementary Runners / \$5 each

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 23.

Meet Director: Brad Holt Cell Phone: (918)605-0201
Work Phone: (918)341-5537
E-mail: brad.holt@sequoyaheagles.net