

MONDAY, OCTOBER 2, 2023
SULPHUR HIGH SCHOOL
ROCK CREEK CROSS COUNTRY INVITATIONAL

Race Schedule: 4:30 p.m.
8th & under Girls (1.2 Mi) Boys (1.2 mi)
HS-- Girls (2.2 Mi) Boys (3.3Mi)

Course: Chickasaw National Recreation Area
We will run on the trails in the Park.

Entry Fees: H.S.-- \$75.00 per team, \$15.00 per individual.
8th & under -- \$75.00 per team, \$15.00 per individual.

Scoring: We will score the top five (5) runners in each division, 6th place will serve as a tie breaker. Others may run, but will not count in scoring.

******* We will be using hy-tek meet manager.**

ALL ROSTERS MUST BE LISTED ON www.trackroster.com

List all runners High school and Jr. High by division boys and girls.

******* BY OCTOBER 1TH 5:00PM *******

Awards: Individual awards will go to the top 25+, in each race.

Results: Results (team & individual) will be distributed on site.

Restrooms: Restrooms are available at the Start/Finish area.

Directions: From US 7, turn South on 12th street at the stop light. Go south to the fountain. We will be just South of the fountain.

Mail Check to: c/o Terry Neal, Sulphur High School, 1021 W 9th Sulphur, OK 73086

Meet Director: Terry Neal 580-618-0029
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