



VALLIANT BULLDOGS

2023 CROSS COUNTRY MEET

Date- Saturday September 30th, 2023

Location- 604 East Lucas Valliant, Oklahoma 74764

Parking- Will be on the east side of the basketball gym, south of the football field.

Time Schedule- 9:00 A.M. Coaches meeting

9:15	Varsity Girls	2 miles	15 medals
	Varsity Boys	3.2 miles	15 medals
7th/8th	JH Girls	1.5 miles	15 medals
	JH Boys	1.5 miles	15 medals
4th-6th	Elementary	1 miles	15 medals
	Elementary	1 miles	15 medals
3rd&under	Elementary	1 mile	8 medals each

Races will start immediately after the previous race finishes. No Team trophies or score will be kept.

Entry Fees- Make checks payable to
Valliant Track Attn: Patrick Nix
604 lucas st, Valliant OK 74764

\$70 per team varsity
\$60 per team Junior High
\$30 elementary combined
\$15 per individual

Contact Information- Patrick Nix 580-513-0071

pnix@vpsd.org

Please email me a list of your entries by September 28th. If not, you can fill out information at the meet.