

# Come Run with the Hornets

## Booker T. Washington

### Cross-Country Invitational

- **DATE** Thursday, September 19, 2024
- **TIME** 3:30 p.m.-5:30 p.m.

- **LOCATION** O'Brien Park  
6149 North Lewis Ave.  
Tulsa, Ok.

- **SCHEDULE**  
**3:15 COACHES MEETING**  
**3:30 VARSITY GIRLS**  
**4:00 VARSITY BOYS**  
**4:30 JV GIRLS**  
**5:00 JV BOYS**  
**5:30 MIDDLE SCHOOL GIRLS**  
**6:00 MIDDLE SCHOOL BOYS**

*\*Next race will start immediately following previous race.*

- **DISTANCE**

Varsity Girls	5000 Meters
Varsity Boys	5000 Meters
JV Girls	5000 Meters
JV Boys	5000 Meters
Middle School Girls	3200 Meters
Middle School Boys	3200 Meters

- **AWARDS**

Varsity Medals	Top 15	Boys & Girls
JV Medals	Top 15	Boys & Girls
Middle School	Top 10	Boys & Girls
Team Plaques	1 <sup>st</sup> , 2 <sup>nd</sup>	Varsity Division

- **ENTRY FEES**

Varsity Division	7 Team Members-Top 5 Score
JV Division	Unlimited Entry-No Team Score
	\$100.00 per team \$200 Both Teams (Girls & Boys)
MS Division	\$80.00 per team
Individual runners	\$15.00

*\*Please make checks payable to BTW Cross Country*

**REGISTRATION: DEADLINE IS WEDNESDAY, September 18th at 5:00pm.**  
**Entries after the deadline will NOT be allowed...NO EXCEPTIONS.**

**ON-LINE ENTRIES:** Online entries will be on MileSplit:  
<https://ok.milesplit.com/meets/631714-come-run-with-the-hornets-2024>

Please email your registration questions to: [josh@crossroadstiming.com](mailto:josh@crossroadstiming.com)  
**ALL athletes will receive a shoe chip in the packet. At the conclusion of the meet, coaches are responsible for collecting all chips from their athletes and returning them to the timing area in the same bag that they were provided. There will be a \$15 fee for each chip that is not returned.**  
**HIGH SCHOOL:** You do NOT need to designate varsity or JV during registration. Enter all athletes who you plan to run

- **MAIL TO** Greg Nash Cross-Country Coach  
Booker T. Washington High School  
1514 E. Zion St.  
Tulsa, Ok. 74106
- **ELIGIBILITY** All OSSAA GUIDELINE rules apply.
- **QUESTIONS** Greg Nash, BTW Head Coach  
School-918.925.1068  
Cell-918.638.1525

### **Entry Form**

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PLEASE COMPLETE AND RETURN WITH PAYMENT.

**SCHOOL:**

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**COACH NAME:** \_\_\_\_\_ **PHONE:**

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**DIVISIONS:** *Please Circle*

Varsity Girls	JV Girls	MS Girls
Varsity Boys	JV Boys	MS Boys