



Dear Coach,

We would like to invite you to the Goodwell Cross Country Invitational Meet. The meet will be held on Saturday, August 16, 2025. The course will be located at the OPSU walking trail in Goodwell.

**Registration: a link will be attached to this closer to meet date**

**Coach's Meeting @ 8:30**

<b>High School Girls</b>	9:00 A.M.
<b>Junior High Girls</b>	9:30 A.M.
<b>Junior High Boys</b>	10:00 A.M.
<b>High School Boys</b>	10:30 A.M.

**Awards:** Team winners will receive a plaque. Medals will be awarded for the top 20 in each high school and each junior high.

**Entry Fees:** \$65.00 per High School Team (boys or girls)  
\$55.00 per Junior High Team (boys or girls)

**Individuals:** \$15 per individual in JH/HS for each team with less than 4 runners

**Make checks payable to "Goodwell Cross Country"**

There will be porta potties on the course and water jugs available to refill water bottles if needed. The course will be the same as last year, it's a little short for all races but with the heat and all it's a good start to the season since it's the first meet. We look forward to seeing you! If you have any questions, feel free to contact me at 806-316-2668, or email me at [kjblickenstaff@goodwell.k12.ok.us](mailto:kjblickenstaff@goodwell.k12.ok.us)

Thank you,

Kari Jo Blickenstaff