

OKEMAH 11TH ANNUAL CROSS COUNTRY MEET
SATURDAY AUGUST 30, 2025
OKEMAH HIGH SCHOOL

LOCATION: Okemah High School Campus - 704 E. Date Street

INFORMATION: ON-LINE ENTRIES- Coaches must submit all entries on the Entries and Results website:

www.entriesandresults.com. — NO ADDITIONAL ENTRIES AFTER THE DEADLINE.

—ONLINE ENTRIES DEADLINE: August 29th at noon.

Complete ALL the steps on the "Entries Window". Make sure to "VERIFY". TEAMS WILL NOT BE ADDED AT THE MEET. If you need help with your Entries and Results™ account, please email your questions to jhughes@elginps.net.

www.entriesandresults.com has been loaded with your team roster from last cross country season. All you need to do is edit any changes from last season and add any new athletes for the 2025 season

MEET TIMING & RESULTS- RFID Chip Timing for the meet is provided by 12:1 Running

Timing Services. Live results are available at www.twelve1running.com.

ENTRY FEE: \$80 varsity per gender, \$60 junior high per gender, and \$40 for elementary. If you have less than a full team in a division the price is \$20 per individual, not to exceed the team entry fee. WATER WILL BE PROVIDED FOR RUNNERS AND WE WILL HAVE CONCESSIONS FOR DRINKS AND SNACKS FOR SPECTATORS.

CLASS: 3A & BELOW

AWARDS: Top 25 finishers in each division will receive a custom medal at the end of the finish line chute. Overall winners for the JH/HS girls and boys division will receive a plaque, NO TEAM awards.

PARKING: Buses, please park south of the Panther Dome.

SCHEDULE: 8:30am - Coaches meeting

8:45am - HS Girls 2 miles

9:10am - HS Boys 5k

9:30am - JH Girls 1 mile

9:45am - JH Boys 1 mile

10:00am - Elementary boys and girls 1 mile (6th grade and below, if there's too many entries we will split boys and girls)