



Athletic Department

Date: September 19, 2005
Location: YMCA 106 W. 13th Street Okmulgee, OK 74447
Dressing: Facilities along with restrooms will be available
Time Schedule:

1:30	Coaches Meeting	
2:00	Varsity Girls	1 Mile 15 Medals
	Varsity Boys	2 Miles 15 Medals
	JV Girls	1 Mile 15 Medals
	JV Boys	2 Miles 15 Medals
	JH Girls	1 Mile 15 Medals
	JH Boys	1 Mile 15 Medals

Races will begin immediately after the previous race finishes. **NO TEAM TROPHIES WILL BE GIVEN. NO SCORING WILL BE KEPT.**

Entry Fees: Make Checks Payable to:
Okmulgee Cross Country
415 W. 3rd St.
Okmulgee, OK 74447

\$60 per team or \$100 if both boys and girls teams participate

JV Teams are free if a varsity team participates.

\$15 for an individual

\$40 for JH Teams

You should check in at the scorer's table upon arrival to get your team race tags

The course is flat with one bridge to cross.

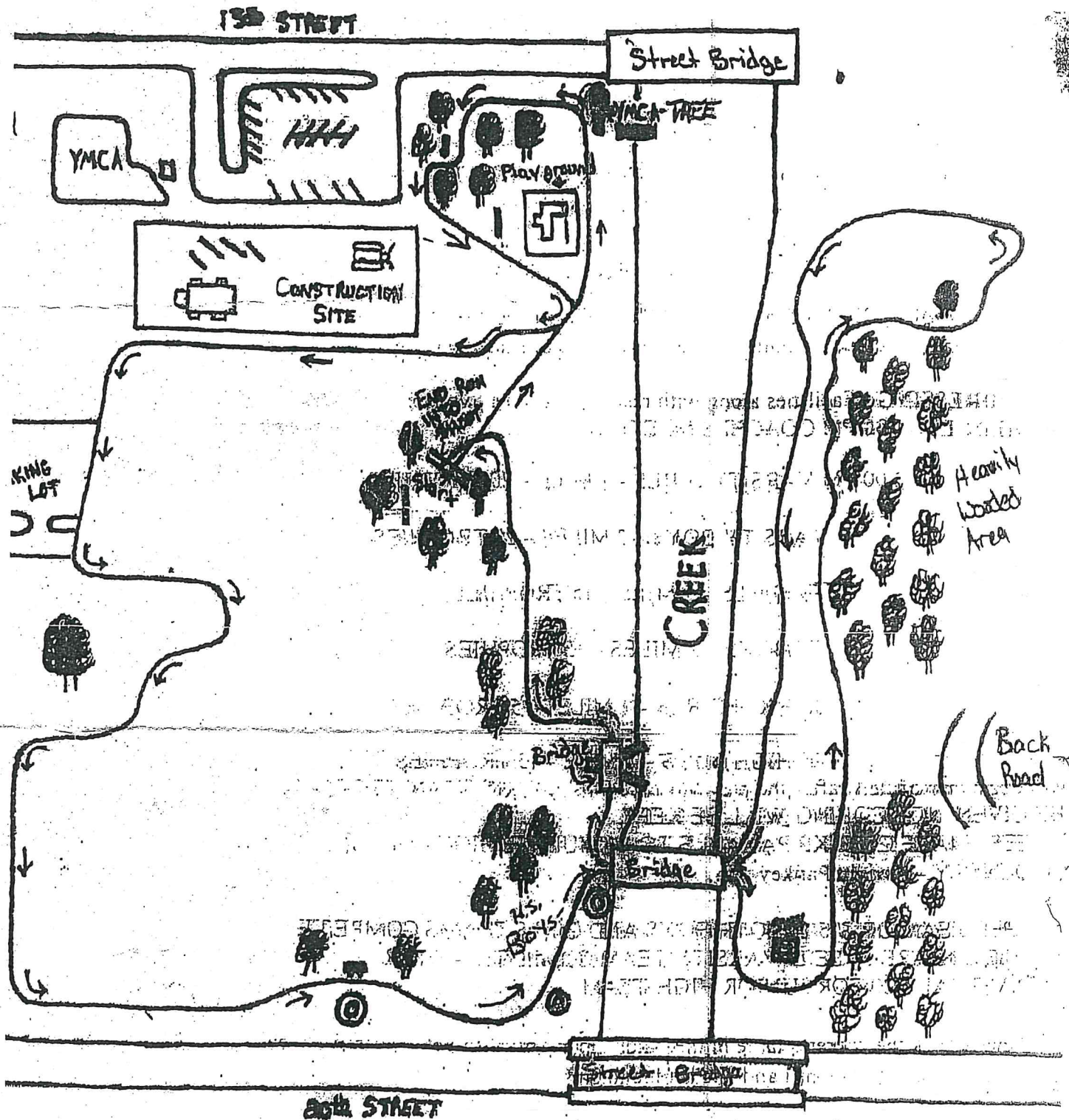
Please arrive early and have your runners on the starting line early.

Okmulgee High School

Dwight Pankey

Cell 918 521 2329

School 918 758 2075



Varsity Girls - 1 mile (JR High Girls)
 J.V. Girls - 1 mile (JR High Bots)
 JR. Girls - 1 mile
 Varsity Boys - 2 mile - Twice Around
 LOOPS Follows the WHITE MARL