

1st Annual Sequoyah Run

Sequoyah Claremore
16405 S. 4180 Rd.
Claremore, OK 74017

Tuesday, September 23, 2025

Location: Behind Mid High and High School campus which is located 4 miles north of Claremore on highway 66. Park in east parking lot of Mid High (across from the bus barn). Please enter from the bank that is north of the school and come in the back way by log cabin house.

<u>Schedule:</u>	<u>Time:</u>	<u>Distance:</u>
Coaches Meeting	4:15	Starting Line
Middle School Girls (6 th -8 th)	4:30	1600M
Middle School Boys (6 th -8 th)	4:45	1600M
High School Girls (9 th -12 th)	5:00	3200M
High School Boys (9 th -12 th)	5:30	5K

*Times on the races are approximates. Races will start when the preceding race ends.

Awards: Individual medals given to the top 20 in High School divisions and top 20 in Middle School divisions. There will be no team plaques.

Course: Course will be in a field with gentle terrain and a few trees. Course maps will be available.

Concession: There will be a small concession stand with drinks and snacks.

Entry Fee: High School Teams/\$60 per team (\$110 for both boys and girls).
Middle School Teams/ \$45 per team (\$80 for both boys and girls).

***If entering all four divisions/ \$180**

Middle School Individual \$10 each

High School Individual \$15 each

Entry Deadline: Email roster to brad.holt@sequoyaheagles.net by Sunday, September 21 by 5:00 P.M.

Meet Director: Brad Holt Cell Phone: (918)605-0201
Work Phone: (918)341-5537
E-mail: brad.holt@sequoyaheagles.net