

Sweetwater

Cross Country Invitational
Saturday, September 13, 2025

We would like to extend an invitation to the Sweetwater Cross Country meet 2025. The meet will be run on Saturday, September 13, 2025. The course is located at the Sweetwater Athletic Complex, ½ mile west of the School on E. 1110 road. We will be charging \$5 per car to attend the meet.

The following divisions are going to be run with the coaches meeting at 8:30.

High School Boys	5K	9:00
High School Girls	3200	9:30
7/8 Boys	3200	9:55
7/8 Girls	3200	10:20
Elem Boys	1600	10:45
Elem Girls	1600	11:10

Run times are approximate and will start at the conclusion of the preceding race.

Entries: \$80 per team / \$15 per individual up to 4 runners
Please make checks out to Sweetwater Schools.

Awards: Top 20 in the HS receive medals, the top 15 in JH/elementary will receive medals.

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:** (September 12th) 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-Meet is being self-timed using the Entries and Results website. Live results are available at www.entriesandresults.com

Contact information: Doug Daffern, School 580-534-2272, Cell 806.268.1370, email ddaffern@sweetwater.k12.ok.us