

**26th Annual Nathan Thompson Memorial
Cross Country Meet Hosted by Timberlake High School**

Date: Saturday, October 11th

Time: We will overlap races slightly

9:00 am: Coach's Meeting

9:15 am:

Elem Boys: 1 mile (Split into 3 divisions individually-5th/6th, 3rd/4th, 2nd&below)

Elem Girls: 1 mile (Split into 3 divisions individually-5th/6th, 3rd/4th, 2nd&below)

7th and 8th Boys: 1.5 miles

7th and 8th Girls: 1 mile

H.S. Girls: 2 miles

H.S. Boys: 5K

(Please check in prior to race)

HS teams **only**, will have to designate their top 7 runners for points in order to run along with the rules during regionals and state. Unlimited runners still allowed, but only those top 7 designated will count for team points. Inform your kids and we'll mark the extras at the starting line.

Place: Helena- $\frac{3}{4}$ mile west & $\frac{1}{2}$ mile north of football field (follow signs)

Fees: \$60: each H.S. team

\$14: H.S. Individuals

\$50: each J.H. team

\$12: J.H. Individuals

\$40: each elem. team

\$8: Elem. Individuals

Awards:

Medals for top 15 finishers (Elem, top 15 per age group)

First 5 finishers on each team determine points

Facilities: We plan on portable restrooms on site but facilities at the football field will also be open for buses. No concessions planned as of yet but there will be water for runners.

Additional information or to confirm: Contact Matt Foster

School: (580) 852-3307 Fax: (580) 852-3280

Cell: (580) 747-6514 E-mail: mfoster@tlake.k12.ok.us

Please e-mail entries and contact info in case of inclement weather.