

5 Lakes Conference Meet

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

Monday, October 12, 2026

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.

<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 15 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: Email rosters to brad.holt@sequoyaheagles.net

Entry Deadline: Sunday, October 11 by 5:00 P.M.

Meet Director: Brad Holt Cell Phone: (918)605-0201
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