



## **7th Annual Checotah Crossroads Cross Country Meet-October 6th, 2026**

Checotah High School would like to invite you to our 6th annual Cross Country Meet. The Meet will be held at the Checotah Sports Complex. The Meet is 4A and below.

### **Entry Fees:**

#### High School

Boys \$80, Girls \$80, Individual \$20

#### Junior High

Boys \$50, Girls \$50, Individual \$15

- (All four teams-HS Boys and Girls, JH Boys and Girls \$200)

Please make checks payable to “**Lady Cat Tip In**”

#### Elementary

Boys \$30, Girls \$30, Individual \$10

### **Awards**

High School Medals Top 15

Junior High Medals Top 15

Elementary, Blue Ribbons for 1st-15th, Red Ribbons 16th-30th, Yellow Ribbons 31st-45th

**Concession and restrooms will be available.**

### **Registration**

Junior High and High School will need to enter the meet through [www.entriesandresults.com](http://www.entriesandresults.com). Elementary times will be handheld, they will not have bib, or have to be preregistered.

### **Running Schedule**

9:45 Coaches Meeting

10:00 Elementary Girls, 1 Mile (6th Grade and Under)

10:20 Elementary Boys, 1 mile (6th Grade and Under)

10:40 Junior High Girls, 1 Mile (7th and 8th)

11:00 Junior High Boys, 1 Mile (7th and 8th)

11:20 High School Girls 2 Miles

11:40 High School Boys 5K

*\*High School Team Champion Boys and Girls will be Given\**

Questions or Information- contact Jason Dowdy 918-931-9193 or [JMDowdy@checotah.k12.ok.us](mailto:JMDowdy@checotah.k12.ok.us) or Wesley Cloud 918-527-6411 or [wdcloud@checotah.k12.ok.us](mailto:wdcloud@checotah.k12.ok.us)

ONLINE ENTRIES-Coaches must submit all entries on the Entries and Results website:

[www.entriesandresults.com](http://www.entriesandresults.com). - NO ADDITIONAL ENTRIES AFTER THE DEADLINE.

ONLINE ENTRIES DEADLINE: Saturday, October 4th 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, email [jhughes@elginps.net](mailto:jhughes@elginps.net). Other questions related to your roster, email [martin@i40raceservice.com](mailto:martin@i40raceservice.com)