

ECP Race at the Lake

Elmore City-Pernell Cross Country would like to invite you to participate in the Inaugural "Race at the Lake" Cross Country Meet to be held on

Date: Monday, October 12th.

Time: 4:30pm

Location: Elmore City Lake

Entry Fees will be: * \$80 per Team * \$15 per individual * \$260 if you are bringing all (4) Teams

We will medal the Top 15 finishers in each division. A Team Champion Plaque will be awarded for JH and Varsity divisions.

Time line will be as follows:

4:30	Coach's Meeting	
4:45	Varsity Girls	3200 meters
5:05	Varsity Boys	5000 meters
5:35	Junior High Girls	2400 meters
5:50	Junior High Boys	3200 meters
6:25	6 th grade & under	1600 meters

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: Friday, October 9th 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 2026 season.

MEET TIMING & RESULTS- RFID Chip Timing for the meet is provided by 12:1 Running Timing Services. Live results are available at www.twelve1running.com.

Mail Checks to: Elmore City-Pernell School:

c/o Erik Yeiser

100 N. Muse, Elmore City, Oklahoma 73433

If you have any questions call Coach Yeiser @ (school) 580-788-2565 (cell) 405-202-8091