



Sulphur Elementary Cross Country Meet

Thursday, August 20th, 2026

Time: 6:00 pm **Cost:** \$5/runner

Order of Divisions: (Girls then Boys) 5th/6th, 3rd/4th, 1st/2nd, K & below.

Distance: 1 mile, Kindergarten & below- ½ mi.

Location: Flower Park, Chickasaw National Recreation Area

Awards: Medals to the top 25 in each division

Attention- All Divisions Except Kindergarten: No Pacing is allowed. For the safety of all runners, parents and or siblings are NOT allowed to run the course with their athlete. The course is spectator-friendly, so we encourage you to find a great spot to cheer them on and enjoy the race. Running spikes are not recommended for this course, wear regular running shoes.

Parking: There is parking available across from Lincoln Bridge or in the Black Sulphur Springs picnic area. There is also parking located across Broadway St. & behind the American Legion Building.

Contacts: Kari Seitz 580-618-5155 or Emile Heitland 580-320-9313

Please complete the following form and turn it in to your coach or bring it to the meet. Make checks payable to Sulphur Cross Country.

Name: _____

Grade/Division: _____

School: _____

My child has permission to run in the Sulphur Elementary Cross Country meet.

Parent: _____ **Date:** _____