



Capitol Hill High School Red Wolves Invitational Cross Country Meet
Friday August 25th at Capitol Hill High School

Order of Events

8:30 Coaches Meeting at the start line

9:00 HS Varsity Girls 5k 5A and 6A- 5K

9:30 HS Varsity Boys 5k (1 Division)- 5K

10:00 HS Girls 3200M 4A and Below (2 Mile) JV girls 4A and below will also run at this time

10:30 HS JV Boys 5k (1 Division)

11:00 HS JV Girls 5k Mile

11:00 Middle School Coaches Meeting at the start line

11:40 MS Girls (7-8) 1.5 miles

12:05 MS Boys (7-8) 1.5 miles

Middle School teams are limited to 15 runners per boys and girls team for safety reasons.

A cap will be set with the number of teams that will be allowed to run due to safety email Coach Schell at kpschell@okcps.org to secure your spot.

LOCATION: The XC course is located next to Capitol Hill High School behind the stadium. The school address is 500 SW 36th Street, Oklahoma City

ENTRY FEES: High School boys \$65; High School girls \$65; Junior High boys \$50; Junior High girls \$50; All teams Middle through High School \$180; Just Boys and Girls High School \$120 - No JV fee when you run a Varsity team.. \$10.00 per individual (teams with less than 5 runners).

Send entry fees to: Capitol Hill High School ATTN: XC 500 SW 36th Street, Oklahoma City 73109

Make check out to Capitol Hill Athletics-XC

Awards: Medals to top 25 of each race. Awards to top two teams in Varsity Races, as well as the winner in both of the Junior High divisions. If you have any questions please contact Coach Schell at kpschell@okcps.org Cell 405-808-0357