



2024 Tulsa 7 Conference Cross Country Championships

Cleveland Tiger Cross Country Invitational Meet

Thursday, October 03, 2024

***Meet will be held at Feyodi Creek located at 51131 US HWY-64; Cleveland, Oklahoma; 74020**

ALL ELEMENTARY, MIDDLE SCHOOL, AND HIGH SCHOOL TEAM ROSTERS MUST BE SUBMITTED THROUGH ENDURO BY Tuesday, October 01, 2024 at 5:00 pm @ www.runendurousoa.com. PLEASE CONTACT MARTIN UPDIKE martin@i40raceservice.com 918-577-1965, with any roster questions.

SCHEDULE OF EVENTS

01:00 p.m.	-	Coaches Meeting @ Pavillion
01:15 p.m.	-	Elementary School Girls (1 mile; medals to Top 20)
01:45 p.m.	-	Elementary School Boys (1 mile; medals to Top 20)
02:30 p.m.	-	Middle School Girls (1.5 miles; medals to Top 20)
03:00 p.m.	-	Middle School Boys (2 miles; medals to Top 20)
03:30 p.m.	-	High School Girls (2 miles; medals to Top 20)
04:00 p.m.	-	High School Boys (5km; medals to Top 20)
04:30 p.m.	-	Tulsa 7 Conference Awards Presentation

* COACHES: IF YOU ARE PLANNING ON PARTICIPATING IN OUR MEET, PLEASE GO TO www.endurousoa.com TO ENTER YOUR TEAM(S).

1st & 2nd place team plaques for junior high & varsity divisions in both the open meet and the conference meet (races will be run together and awards will be distributed separately). Tulsa 7 Conference medals will be awarded to the Top 3 in each division for conference runners. ***Conference schools will compete in the Tulsa 7 Conference Championship and Cleveland Invitational simultaneously.**

Cost: High School boys \$75; High School girls \$75; Junior High boys \$50 Junior High girls \$50; All teams \$200; Individuals \$10.00

Mail Payment To: Cleveland Public School Athletic Department
Attention: Daniel Brimmer
600 North Gilbert Avenue; Cleveland, Oklahoma; 74020

Questions?: Cleveland XC Head Coach: Jeremy McKinney
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