

# Sequoyah High School

16405 S. 4180 Rd.

Claremore, OK 74017

## 12th Annual Cross Country Meet - Saturday, August 31, 2024

**Location:** Behind Mid-High and High School campus which is located 4 miles north of Claremore on Highway 66. Park in the parking lot of the high school and south of the playground past the Mid-High. Please enter from the bank road (the back entrance going by the log cabin house).

<b>Schedule:</b>	<b>Time:</b>	<b>Distance:</b>
Coaches Meeting	8:40	Starting line
Elementary Girls	8:45	1900M
Elementary Boys	9:00	1900M
Middle School Girls	9:15	1900M
Middle School Boys	9:30	1900M
9th-10th Girls	9:45	1900M
11th-12th Girls	10:00	1900M
9th-10th Boys	10:15	3200M
11th-12th Boys	10:45	3200M

*\*Times on the races are approximate. Races will start when the preceding race ends.*

**Awards:** Individual medals given to the top 20 in every division.

**Course:** Course will be in a field with gentle terrain and a few trees. Course maps will be available that morning at check in at 8:00 a.m.

**Entry Fee:** High School Teams / \$60 per team (\$110 for both Boys and Girls)  
Middle School Teams / \$45 per team (\$80 for both Boys and Girls)

**\*If entering Boys and Girls Middle School and High School Divisions / \$180**

Elementary and Middle School Individual Runners / \$5 each

High School Individual Runners / \$10 each

**Concession:** There will be a small concession stand with drinks and snacks.

**Entry Deadline:** There is no entry deadline. We would like you to email us your roster by August 28th so we will know how many runners to expect.

**Meet Director:** Brad Holt - Cell Phone: (918) 605-0201      Work Phone: (918) 341-5537  
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