



# SPIRO CROSS COUNTRY MEET

DATE: OCTOBER 1ST, 2024

**Location:** Old Sprio Lake

Spiro Park - Busses will follow LAKEVIEW Drive to parking.

Visitor Parking will be at the playground area on the east side of the lake.

**Time Schedule:** 4:00 Coaches Meeting

4:10 Elementary Boys & Girls (6th Grade & Below, 1 Mile)

4:30 JH Girls 1.5 Mile

5:00 JH Boys 1.5 Mile

5:30 HS Girls 2 Mile

6:00 HS Boys 5k

**ALL TIMES ARE APPROX. THE NEXT RACE WILL START AS SOON AS THE PRIOR FINISHES.**

**Awards:** Elementary → Ribbons to top 15 finishers  
JH & HS → Medals to top 15 finishers in each

**Entry Fee:** Elementary Runners \$40 per team or \$5 each  
JH Teams \$60 per team or \$10 per individual  
HS Teams \$70 per team or \$10 per individual

All entries must be submitted through [enduroussa.com](https://enduroussa.com). **Please have students entered by Friday, September 27th.** This will give us an idea of how many athletes to expect, changes will be able to be made if necessary.

Contact: Brayden Cox (Cross Country Coach) → [bgcox@spiro.k12.ok.us](mailto:bgcox@spiro.k12.ok.us)

David Hogan (AD & JH Principal) → [dhogan@spiro.k12.ok.us](mailto:dhogan@spiro.k12.ok.us)  
(918)962-2488