

Tonkawa

Cross Country Invitational

Class 4A and Below

Date: Saturday September 21, 2024

Location: Meet will be held at the Tonkawa Tribe Cross Country Course (1 PowWow Road, Tonkawa, OK)

Time & Distance	Coaches Meeting	8:30 A.M.
	High School Boys	5000 Meter
	High School Girls	3200 Meters
	Middle School Boys	2400 Meters
	Middle School Girls	2400 Meters
	Elementary	1600 Meters

Entry Fee

- \$75.00 Each High School Team
- \$50.00 Each Middle School Team
- \$50.00 All Elementary Runners from 1 School
- \$10.00 Individual Runner for all Races

Makes Checks to: Tonkawa High School

Awards Top 20 Places HS/MS

REGISTRATION OF CROSS COUNTRY TEAMS – INSTRUCTIONS

ON-LINE ENTRIES: Coaches must submit all entries on the Athletic Net website: Athletic.net --- NO ADDITIONAL ENTRIES AFTER THE DEADLINE.---

ON-LINE ENTRIES DEADLINE: The day before the meet at 5:00 P.M. Complete all the steps on the “Entries Window.” Make sure to “VERIFY.” Teams will not be added at the meet.

Admission is FREE

Head CC Coach – Samuel Jacobs sjacobs@tonkawa.k12.ok.us

Athletic Director – Trent Harmon tharmon@tonkawa.k12.ok.us

Tonkawa High School, Tonkawa, Oklahoma 74653

School Phone (580) 628-2566