

**Jay Cross Country  
2021**

**Coach Sturges 918-801-5507**

**Coach Rosebrough 918-323-2286**

<b>Day</b>	<b>Date</b>	<b>Grade</b>	<b>Place</b>	<b>Leave @</b>	<b>Return Time</b>
<b>Sat.</b>	<b>Aug. 28th</b>	<b>(Elem-12th)</b>	<b>@ Seq-Clare</b>	<b>6:45am</b>	<b>12:30pm</b>
<b>8:45am</b>	<b>Elem-6th Girls</b>		<b>1.1 miles</b>	<b>Top 20 Medal</b>	
<b>9:00am</b>	<b>Elem-6th Boys</b>		<b>1.1 miles</b>		
<b>9:15am</b>	<b>7th/8th Girls</b>		<b>1.1 miles</b>		
<b>9:30am</b>	<b>7th/8th Boys</b>		<b>1.1 miles</b>		
<b>10:00am</b>	<b>9th/10th Girls</b>		<b>1.1 miles</b>		
<b>10:15am</b>	<b>11th/12th Girls</b>		<b>1.1 miles</b>		
<b>10:30am</b>	<b>9th /10th Boys</b>		<b>2 miles</b>		
<b>10:45am</b>	<b>11th/12th Boys</b>		<b>2 miles (Race at behind the High School)</b>		
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<b>Thursday</b>	<b>Sept. 2nd</b>	<b>(Elem-12th)</b>	<b>@ Wyandotte</b>	<b>1:00pm</b>	<b>6:30pm</b>
<b>3:00pm</b>	<b>Elem-5th Girls</b>		<b>1 mile</b>	<b>Top 20 Medal</b>	
<b>3:10pm</b>	<b>Elem-5th Boys</b>		<b>1 mile</b>		
<b>3:20pm</b>	<b>6th/7th/8th Girls</b>		<b>1 mile</b>		
<b>3:30pm</b>	<b>6th/7th/8th Boys</b>		<b>1 mile</b>		
<b>3:40pm</b>	<b>9th-12th Girls</b>		<b>1.1 miles</b>	<b>(Hwy 60 Wyandotte)</b>	
<b>3:50pm</b>	<b>9th-12th Boys</b>		<b>2.2 miles (Race at the Pow Wow grounds)</b>		
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<b>Saturday</b>	<b>Sept. 11th</b>	<b>(9-12th)</b>	<b>@ Henryetta</b>	<b>6:30am</b>	<b>2:45pm</b>
<b>10:30am</b>	<b>3A - 4A Varsity Girls</b>		<b>2 miles</b>	<b>Top 25 Medal</b>	
<b>11:00am</b>	<b>3A - 4A Varsity Boys</b>		<b>5K</b>	<b>(Race at Nichols Park)</b>	
*****					
<b>Tuesday</b>	<b>Sept. 14th</b>	<b>(Elem-12th)</b>	<b>@ Inola</b>	<b>8:15am</b>	<b>2:30pm</b>
<b>10:15am</b>	<b>Elem-6th Grls</b>		<b>1 mile</b>	<b>Top 20 Medal</b>	
<b>10:30am</b>	<b>Elem-6th Boys</b>		<b>1 mile</b>		
<b>10:45am</b>	<b>7th/8th Girls</b>		<b>1 mile</b>		
<b>11:00am</b>	<b>7th/8th Boys</b>		<b>1 mile</b>		
<b>11:15am</b>	<b>9th-12th</b>		<b>2 miles</b>	<b>(801 E Commercial St)</b>	
<b>11:45am</b>	<b>9th-12th</b>		<b>5K</b>	<b>(Race by the High School)</b>	
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<b>Day</b>	<b>Date</b>	<b>Grade</b>	<b>Place</b>	<b>Leave @</b>	<b>Return Time</b>
<b>Tuesday</b>	<b>Sept. 21st ( 6th-12th)</b>	<b>@ Cleora</b>		<b>2:45pm</b>	<b>6:30pm</b>
<b>4:00pm</b>	<b>6-8th Girls</b>	<b>1.5 miles</b>		<b>Top 20 Medal</b>	
<b>4:15pm</b>	<b>6-8th Boys</b>	<b>1.5 miles</b>			
<b>4:40pm</b>	<b>9th-12th Girls</b>	<b>2 miles</b>	<b>(45138 East 295 Road Afton)</b>		
<b>5:00pm</b>	<b>9th-12th Boys</b>	<b>5K</b>	<b>(Race at the School)</b>		
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<b>Sat.</b>	<b>Sept. 25th ( 9th - 12th)</b>	<b>@ Edmond Santa Fe</b>	<b>9:15am</b>		<b>7:30pm</b>
<b>2:30pm</b>	<b>4-A Girls</b>	<b>2 miles</b>		<b>Top 30 Medal</b>	
<b>2:50pm</b>	<b>4-A Boys</b>	<b>5K</b>	<b>(1901 W 15th St. @ the H.S)</b>		
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<b>Friday</b>	<b>October 1st (9th- 12th)</b>	<b>@ Claremore</b>	<b>7:00am</b>		<b>2:00pm</b>
<b>9:30am</b>	<b>4-A and Below Girls</b>	<b>2 miles</b>		<b>Top 20 Medal</b>	
<b>10:00am</b>	<b>Varsity Boys</b>	<b>5K</b>			
<b>11:00am</b>	<b>JV Girls (5-A-6-A Girls)</b>	<b>5K</b>	<b>(Race at Walnut Park -1505 N. Jay St.)</b>		
<b>11:30M</b>	<b>JV Boys</b>	<b>5K</b>			
<b>12:00PM</b>	<b>JV Girls (4-A and Below Girls)</b>	<b>2 miles</b>	<b>(If needed)</b>		
*****					
<b>Tuesday</b>	<b>October 5th ( Elem-8th)</b>	<b>@ Cleora</b>	<b>2:30pm</b>		<b>6:30pm</b>
<b>4:00pm</b>	<b>Elem- 6th Girls</b>	<b>1.5 miles</b>		<b>Top 20 Medal</b>	
<b>4:20pm</b>	<b>Elem- 6th Boys</b>	<b>1.5 miles</b>			
<b>4:40pm</b>	<b>7th/8th</b>	<b>1.5 miles</b>	<b>(45138 East 295 Road Afton)</b>		
<b>5:00pm</b>	<b>7th/8th</b>	<b>1.5 miles</b>	<b>(Race at the School)</b>		
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<b>Monday</b>	<b>October 18th (Elem-12th)</b>	<b>@ TBA</b>	<b>Conference Meet</b>		
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<b>Sat.</b>	<b>October 23rd (9th-12th)</b>	<b>@ Henryetta Regionals</b>	<b>7:30am</b>		<b>4:00pm</b>
<b>12:00pm</b>	<b>4-A Girls</b>	<b>2 miles</b>		<b>Top 15 Medal</b>	
<b>12:45pm</b>	<b>4-A Boys</b>	<b>5K</b>	<b>(Race at Nichols Park)</b>		
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<b>Sat.</b>	<b>October 30th (9th-12th)</b>	<b>@ Edmond Santa Fe</b>	<b>TBA</b>		
<b>2:35pm</b>	<b>4-A Girls</b>	<b>2 miles</b>		<b>Top 10 All-State</b>	
<b>2:50pm</b>	<b>4-A Boys</b>	<b>5K</b>			
<b>3:40pm</b>	<b>Awards Ceremony</b>	<b>Ceremony will be held on the track.</b>			
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**It all begins and ends in your mind. What you give power to. Has power over you. If you allow it. What will you allow this CC season? Remember mentally tough athletes master the ability to push themselves. They are able to physically and more importantly, mentally push beyond existing comfort zones. My job is to push you to your limit. Your job is to be able to take it. It starts with your mind!!**

