

SALLISAW X COUNTRY 2024

DATE	SITE	DEPART	RETURN	RUN TIMES
8/29/24	GORE	8:30 A.M.	1:00 P.M.	MIDDLE SCHOOL GIRLS: 10:15 / BOYS: 10:30 HIGH SCHOOL GIRLS: 10:45 / BOYS: 11:00
9/7/24	HENRYETTA	7:00 A.M.	2:00 P.M.	MIDDLE SCHOOL GIRLS: 9:15 / BOYS: 9:30 HIGH SCHOOL GIRLS: 9:45 / BOYS: 10:05
9/14/24	TAHLEQUAH SEQUOYAH	6:30 A.M.	3:00 P.M.	MIDDLE SCHOOL GIRLS: 9:00 / BOYS: 9:25 HIGH SCHOOL GIRLS: 9:45 / BOYS: 10:05
9/19/24	MULDROW	8:00 A.M.	1:00 P.M.	HIGH SCHOOL GIRLS: 9:30 / BOYS: 10:15 MIDDLE SCHOOL GIRLS: 11:00 / BOYS: 11:45
10/1/24	SPIRO	3:00 P.M.	7:30 P.M.	MIDDLE SCHOOL GIRLS: 4:30 / BOYS 5:00 HIGH SCHOOL GIRLS: 5:30 / BOYS 6:00
10/8/24	CHECOTAH	8:30 A.M.	2:00 P.M.	MIDDLE SCHOOL GIRLS: 10:40 / BOYS: 11:00 HIGH SCHOOL GIRLS: 11:20 / BOYS: 11:40
10/26/24	HIGH SCHOOL REGIONALS	TBA		
11/2/24	STATE	EDMOND SANTA FE	10 A.M.	GIRLS: 1:40 BOYS: 2:10