

GROVE “RIDGY RUN”

CROSS COUNTRY INVITATIONAL

Entries are to be complete online using **ENDUROUSA.COM**. Phone or faxed entries will not be accepted. If you do not already have an on-line entry account, you will need to visit the new ENDURO website (www.endurousa.com). After you set up your account, you must **UPGRADE** your account to “**Coach of Record (school meets)**”. The blue button to upgrade is in the upper-right hand corner of the Home Page. After you upgrade, click on “**My Roster List**” and continue the following steps:

- a. Setup: then **UPGRADE** your **ENDURO USA** account so you can add your school and desired roster(s)
- b. After you upgrade, click on “**My Roster List**” (**left side of Home Page**) to find your rosters and add students
- c. Add the meet to your schedule (**Main Roster window**) and enter your students

Deadline for entering is: Thursday, September 27, 2018

Please email to confirm your entry to: wbrumley@ridgerunners.net

Date: Saturday, September 29, 2018

Location: GHS XC course is on the North side of HS campus, 300 Ford Road.

Divisions: Varsity Boys, Varsity Girls, JV Boys, JV Girls, 4-A and below Varsity Girls and Boys, MS Boys and Girls (**8th grade and under only**), Elementary 6th and under

Entry Fee: HS Single team (boys or girls) \$60.00. HS boys and girls \$100.00

JV Teams free with Varsity Entry-Unlimited Entries

MS Single teams (boys or girls) \$40.00. MS boys and girls \$70.00

Individual Runners \$10.00 each

******If entering 2 HS teams and 2 MS teams \$150.00 Total******

Time: 7:30am Packet pickup begins along with coaches hospitality

8:00am 5th and 6th grade girls 1 mile

8:15am 5th and 6th grade boys 1 mile

8:30am Coaches Meeting at finish line

9:00am Varsity girls 5k

9:30am Varsity boys 5k

10:00am JV girls (unlimited) 5k

10:30am JV Boys (unlimited) 5k

10:40am 4-A and below Coaches meeting at finish line

11:00am MS Girls 1.5 miles

11:30am MS Boys 1.5 miles

12:00pm Varsity Girls 4-A and below (unlimited) 2 mile

12:30pm Varsity Boys 4-A and below (unlimited) 5k

Results: We will have computer timing and scoring at the finish line

Awards: There will be 20 medals awarded in each HS race, JV race, and MS race

There will be restrooms at the softball field

Contact Information:

Warren Brumley

Girls/Boys Head Cross Country Coach

Cell: 918-257-2685

School: 918-786-2209

wbrumley@ridgerunners.net

Alan Palesano

Asst Cross Country Coach

Cell: 580-791-2495

School: 918-786-2209

apalesano@ridgerunners.net

You can have checks made out to **Grove Athletics** and bring the check the day of the race or mail the check to:

Grove High School

Attn Richard Bassett AD

300 Ford Road

Grove, OK 74344

Bus and spectator parking will be on the West side of High School parking lot.