



**2019 CROSS COUNTRY CHAMPIONSHIPS
THURSDAY, OCTOBER 10, 2019**

The Big 10 Cross Country Championships will be held at Cameron University McCord Baseball Field located on the Cameron University campus. The Address is 2800 West Gore Blvd.

Timing provided by ENDURO Timing™.

ONLINE MEET REGISTRATION: Entries are to be complete online at: **WWW.ENDUROUSA.COM.**

Phone or faxed entries will not be accepted. If you do not already have an ENDURO USA™ account, set up an ENDURO USA™ account in your name. - - - Then log into your account and follow the instructions at the top-right (**in the green section**) to add the desired Rosters. If you need assistance with your ENDURO USA™ account contact Kevin McWatters (kevin@runenduro.com).

www.enduroussa.com

Deadline for entering is: Tuesday, Oct 8th at 7pm.

Be sure to visit our meet's "PREVIEW" window immediately before departing for our meet.

You must complete **all steps** on the "ENTRIES Window". **Teams will NOT be added at the meet.**

Rolling Schedule

10:30 a.m. Coaches Meeting
11:00 a.m. Varsity Girls 5K
Varsity Boys 5K
JV Girls 5K
JV Boys 5K

Awards Ceremony @ Finish Line

Awards: Top 10 Varsity individuals will be All Conference, next 5 will be Honorable Mention. Top 15 runners in each Varsity division receive medals. Top 20 runners in each JV division receive medals. Varsity Team Champions will receive plaques.

Entry Fee: There will be a \$5.00 per car load entry fee.

Route: See the attached map.

Contact Information

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Lawton High School Cross Country
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