Claremore Zebra

Cross Country Meet

- **DATE:** Friday, September 6th, 2019
- TIME:Coaches meeting starts at 9:00 a.m.First race starts at 9:30a.m.
- LOCATION: Claremore Lake
 - E. Lowery Rd

Claremore, OK 74017

REGISTRATION: ONLINE MEET REGISTRATION: Entries are to be complete online using 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 <u>in your name</u>. - --Then log into your account and follow the instructions in the top-right to "<u>upgrade</u>" your acct and add the desired Rosters. If you need assistance with your ENDURO USA[™] account contact Kevin McWatters (<u>kevin@runenduro.com</u>).

www.endurousa.com

Deadline for entering is: Wednesday, Sept 4th at 7pm.

Be sure to visit our meet's "PREVIEW" window immediately before departing for our meet. You must complete <u>all steps</u> on the "ENTRIES Window". <u>Teams will NOT be added at the meet</u>.

DIRECTIONS: Take Highway 66 to Blue Star drive, turn right on Blue Star,

Go to the stop light, continue to go straight to the stop sign, go straight thru the stop sign for ¾ of a mile and the round-up (rodeo) entrance will be on the left. Drop your athletes off and park the bus in the lot for the round-up (rodeo grounds).

DIVISIONS: H.S. Boys (7 members), H.S. Girls (7 members), J.V. Boys (unlimited), J.V. Girls (unlimited), J.H. Girls (unlimited), J.H. Boys (unlimited). Junior high is 8th and below.

- **DISTANCE:** 5A-6A Boys and Girls 5K, 4A and Below Boys 5K and Girls 2 mile. All Junior High will be 1 mile.
- **ENTRY FEE:** \$70 varsity girls, \$70 varsity boys (J.V. Free with varsity fee)

\$55 J.H. girls, \$55 J.H. boys

\$10 per runner if less than 7 runners

AWARDS: Top 20 receive medals in Varsity, J.V. and J.H.

First place team in varsity division will receive a plaque.

SCHEDULE: 9:00 Coaches Meeting at Finish Line

9:30 H.S. Girls (5K)

10:00 H.S. Girls (2 Mile)

10:30 H.S. Boys (5K)

11:00 J.V. Girls (5K)

11:30 J.V. Girls (2 Mile)

12:00 J.V. Boys (5K)

12:30 J.H. Girls (1 Mile)

12:50 J.H. Boys (1 Mile)

CONTACT: Eric Wiens

Head Cross Country Coach

E-Mail- <u>Ewiens@claremore.k12.ok.us</u>

School: 918-923-4211

Cell: 918-261-0197

PAYMENT: Have all checks made out to:

Claremore Cross Country

201 E. Stuart Roosa

Claremore, OK 74017