



Third Annual CCS Cross Country Invitational Norman, OK

DATE: SATURDAY, SEPTEMBER 28, 2019

LOCATION: Community Christian School Activity Center
5300 N Interstate Dr, Norman, Ok 73072

- Just south of Indian Hills Rd. (Exit 114) and I-35 in Norman.
- Cross Country Course just to the south of CCS Baseball Field (see map below).
- We will be charging a \$2 gate fee for spectators

ENTRY FEE: \$75/High School team - \$150 if your school has both girls and boys teams.
\$50/Junior High School team - \$100 if your school has both girls and boys.
Maximum Entry Fee for all divisions \$250
\$10 per individuals.
Open race: \$25 – comes with t-shirt.
Fields will be limited to 20 Small Schools (2A-4A) and 20 Large Schools (5A-6A).**

Make check payable to CCS and mail to:

Attn: Erin Jeffries CCS XC
Community Christian School
3002 Broce Dr.
Norman, OK 73072

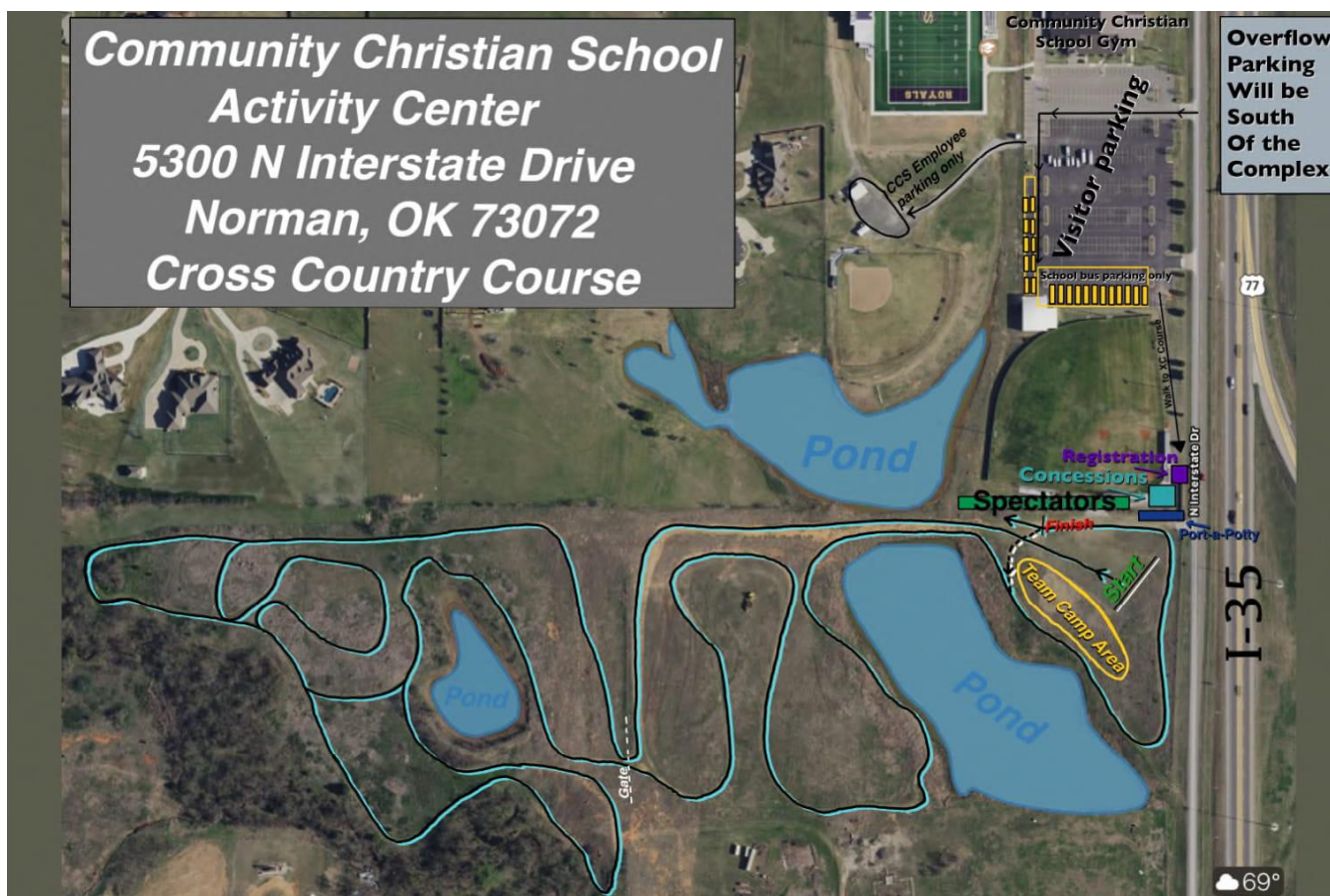
SCHEDULE:	TIME*	RACE	DISTANCE
		<i>*All races after first race will be run on a rolling schedule</i>	
	7:00	OPEN RACE (ALL AGES) – Coaches race for free!	5K
	8:00	COACHES' MEETING ---	
	8:15	SMALL SCHOOL JH GIRLS (6-8TH GRADE)	1.5 MILES
	8:40	LARGE SCHOOL JH GIRLS (6-8TH GRADE)	1.5 MILES
	9:05	SMALL SCHOOL JH BOYS (6-8TH GRADE)	2 MILES
	9:35	LARGE SCHOOL JH BOYS (6-8TH GRADE)	2 MILES
	10:05	SMALL SCHOOL VARSITY GIRLS	2 MILES
	10:35	LARGE SCHOOL VARSITY GIRLS	5K
	11:05	Varsity Boys**	5K
	11:35	SMALL SCHOOL JV GIRLS (UNLIMITED)	2 MILES
	12:05	LARGE SCHOOL JV GIRLS (UNLIMITED)	5K
	12:35	JV BOYS (UNLIMITED)**	5K

*****Results (and medals) will be divided into Small School (2A, 3A, & 4A) and Large School (5A-6A).***

If entries exceed course capacity, HS races will be divided into Small School (2A, 3A, & 4A) and Large School (5A-6A).

- AWARDS:** Medals to the top 20 in each race. HS Boys races will have 40 medals, 20 to the top in the large school, and 20 to the top runners in the small school division. Team Champion & Runner-Up plaques will be awarded for Varsity HS & JH.
- CONCESSION:** There will be a concession stand available with healthy foods, fruit, and drinks. We will also have a merchandise table with meet shirts for sale.
- PARKING:** Bus and car parking in paved CCS Activity Center parking lot north of baseball field (see map below). **COURSE MAPS ARE LOCATED ON THE FINAL PAGE BELOW.**
- ENTRY PROCEDURE:** All entries will be done on-line at: www.endurousa.com
Teams and students must be entered on-line before the deadline through your ENDURO USA account. Teams will not be added at the meet. Each Team will receive a packet with bibs for each runner. The bib must be worn on the front (chest area). Students will not be allowed to start/enter a race without his/her bib. Junior High Students can NOT be entered through a High School Account. If you need assistance with your ENDURO USA account, contact Kevin McWatters at the following email address: kevin@runenduro.com
- CHECK IN:** Bring a copy of the printed from EUDURO USA Entries, to check in as a receipt of entry in exchange for team/coaches' packet and bib numbers.
- ENTRY DUE DATES:** **ENTRIES DUE ON ENDURO BY 5PM ON THURSDAY, SEPTEMBER 26**
- CONTACT:** *Erin Jeffries ccsxc@outlook.com 405-760-9611*

XC and Activity Center MAP:



COURSE MAP:

