

# 2019 RIDGERUNNER “RUN”

5A-6A Division & 4A Below

Saturday, September 21

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](http://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:

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

**Deadline for entering is: 12:00 pm Thursday, September 19th, 2019**

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

**DIVISIONS:** 5A-6A Varsity Boys, 5A-6A Varsity Girls, JV Boys, JV Girls, 4A & Below Varsity Boys & Girls, MS Boys & Girls (8<sup>th</sup> & under), Elementary Boys & Girls (6<sup>th</sup> & Under)

**ENTRY FEE:** High School team (boys or girls) \$65.00 each. \*\*\***Both boys & girls \$120.00**

J.V. teams free with Varsity Entry Fee, Unlimited entries

M.S. teams (boys or girls) \$50.00 each. \*\*\***Both boys & girls \$90.00**

**\*\*\*\$ 200.00 for all four divisions, High School Boys, Girls, MS Boys & Girls.**

Elementary Runners \$5.00 per athlete.

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

**MEDALS:** *There will be 20 Customized medals awarded in each Varsity, JV & MS race.*

**TIME:** 8:00 am Race packets will be available at the check-in table.

8:00 am Elementary Girls 1600 meters

8:20 am Elementary Boys 1600 meters

**8:30 am Coaches Meeting at Finish Line**

9:00 am 4A & Below High School Girls 3200 meters

9:30 am 4A & Below High School Boys 5K

10:00 am Mid School girls 2200 meters

10:25 am Mid School boys 2200 meters

**10:30 am Coaches Meeting at Finish Line**

10:45 am 5A & Up Varsity Girls 5K

11:15 am 5A & Up Varsity Boys 5K

11:45 am 5A & Up JV Girls 5K

12:15 pm 5A & Up JV Boys, \*\*\* If coaches agree could run JV boys & girls together.

**AWARDS:** First place team plaque in each Varsity & Mid School race, NO JV team plaques.

**There will be restrooms at the softball field. \*\*\*Please stay off of the softball field.\*\*\***

\*\*\*Buses will drop off and park on the East side of High School.

\*Spectator parking will be on the West side of the High School parking lot.

**Contact Information:**

**Warren Brumley**

Girls/Boys Head Cross Country Coach

Cell: 918-257-2685

School: 918-786-2209

[wbrumley@ridgerunners.net](mailto:wbrumley@ridgerunners.net)

**Richard Bassett**

Grove A.D.

Cell:918-791-1104

School: 918-786-2209 ext 8

[apalesano@ridgerunners.net](mailto:apalesano@ridgerunners.net)    [rbassett@ridgerunners.net](mailto:rbassett@ridgerunners.net)