

Midwest City XC Rally

High School & Junior High Meet

September 5, 2019 (Thursday)

We are proud to announce the 2nd annual Midwest City XC Rally to be held Sept, 5th at the SCIP recreational trail. We will be contesting a 5K Varsity and JV race as well as a 2 mile Jr High Race. The SCIP trail provides a fun yet challenging course that begins in a large loop to disperse athletes before entering into a wooded area that provides an abundance of shade and ends in a long stretch across an open field. Multiple small hills and turns make this course particularly challenging, yet fun.

Registration will be limited to 10 teams per race.

ONLINE ENTRIES: All entries are online on the ENDURO USA™ website (www.endurousa.com).

The ONLINE entry deadline is: **September 4th (Wednesday) @ 6PM**. Complete ALL steps on our meet's "Entry Window". Be sure to visit our meet's "**PREVIEW**" window immediately before departing for the meet for any last-minute information concerning the meet. If you have questions about your ENDURO USA™ account contact Kevin McWatters at: kevin@runenduro.com

Date: Thursday, September 5th, 2019 (Alternative Weather Date Saturday, Sept, 9th)

Location: SCIP Recreational Trails 7100-7834 NE 23rd St OKC, OK 73141

Awards: Top 15 athletes awarded in each division

Entry: \$70 per high school team (JV runs free with Varsity Team purchase).
\$50 per junior high team.
\$15 per single athlete
Make Checks payable to MCHS and send to athletics attention Kelly Ross.
Enter team at <https://endurousa.com/>

Schedule:

Coaches Meeting	8:30 AM
Varsity Girls (5K)	9:00 AM
JV Girls (5K)	9:30 AM
Varsity Boys (5K)	10:00 AM
JV Boys (5K)	10:30 AM
JH Girls (2 mi)	11:00 AM
JH Boys (2 mi)	11:30 AM

Directions: From I-35: Take exit 130 to NE 23rd St and continue on 23rd street for 4 miles to SCIP entrance.

From I-40: Exit 157B to go North on Air Depot Blvd for 4 miles, turn right on 23rd St and head east for 800 meters to SCIP entrance.

Parking will be inside the SCIP along the roundabout.

Contact: Jeremiah Smith: 405-819-2658 (cell) josmith@mid-del.net
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