

## Ponca City Cross Country Meet 2019

**Make Checks Payable to:** Ponca City Public Schools, Attn: Athletics 613 E Grand, Ponca City, OK 74601

**Date:** Tuesday, October 15, 2019

**Place:** Lake Ponca Disc Golf Course

**Meet Director:** Wendy Landes, [ladnew@pcps.us](mailto:ladnew@pcps.us), 580-716-9244

Classes 2a-6a invited

**Entry Fees:** HS-\$70 per team/\$140 for two teams, \$10 individual less than 5

JV teams are included with each varsity team entered

JH-\$60 per team/\$120 for two teams, \$8 individual

**Awards:** 1<sup>st</sup> place team award for each division

20 medals for each division

2:30 Coaches Meeting

3:00 JV Girls (5000 m)

3:35 JV Boys (5000 m)

4:10 Varsity Girls (5000 m)

4:45 Varsity Boys (5000 m)

5:30 JH Girls (3200 m)

6:00 JH Boys (3200 m)

**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 USAÏ account, set up an ENDURO USAÏ account in your name. - - - Then log into your account and follow the instructions in the top-right to ðupgradeö your acct and add the desired Rosters. If you need assistance with your ENDURO USAÏ account contact Kevin McWatters ([kevin@runenduro.com](mailto:kevin@runenduro.com)). [www.endurousa.com](http://www.endurousa.com)

**Deadline for entering is: Monday, Oct 14th 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.**

\*There will be food trucks and concessions available! Looking forward to seeing you at our meet! Come enjoy the beautiful views of the lake.