

Verdigris Valley Conference Meet

Walnut Park
1505 N. Jay St.
Claremore, OK
74017

Monday, October 14 2019

Schedule:	Time:	Distance:
Coaches Meeting	4:00	Starting Line
Middle Schools Girls	4:15	1600 meters
Middle Schools Boys	4:30	3200 meters
High School Girls	4:50	3200 meters
High School Boys	5:10	5 K

*Times on the races are approximates. Races will start when the preceding race ends.

Awards: Individual medals given to the top 10 in every division. 1st place plaques will be given to top team in each division.

Course: Course will be in a field with gentle terrain and a few trees. Course maps will be available.

Entry: Schools will enter rosters on endurouza.com. Deadline will be on endurouza.com

Meet Director: Tony Rosebrough Wagoner Head XC Coach

Cell: 918 323-2286