

2020 Inola Cross Country Meet



Date: September 8, 2020 (Tuesday)

Location: Inola High School

ENTRY PROCEDURE: All entries must be completed 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. Bibs 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, or to switch rosters from a previous coach to your account, contact Kevin McWatters at: kevin@runenduro.com

ON-LINE ENTRY DEADLINE: September 7th @ 5pm. (Mon.)

Entry Fee: Varsity teams \$65 per team, \$120 for both boys and girls (9th & Up)
Junior High teams \$40 per team, \$70 for both boys and girls (7th & 8th)
Individual High School runners \$10 each (9th & Up)
Individual JH runners \$5 each (7th & 8th)
Elementary Runners \$2 each (6th grade and Under)

Awards: Individual medals given to the top 20 in each division

| Schedule | Time | Distance |
|-------------------|-------------|-----------------|
| Coaches Meeting | 10:00 AM | |
| Elementary Girls | 10:15 AM | 1 mile |
| Elementary Boys | 10:30 AM | 1 mile |
| JH Girls | 10:45 AM | 1 mile |
| JH Boys | 11:00 AM | 1 mile |
| High School Girls | 11:15 AM | 2 miles |
| High School Boys | 11:45 AM | 5K |

Times are approximates. Races will start when preceding race ends.

This meet will be held on the campus of Inola High School.

Questions call Coach Tucker Thompson at 918-261-1103