



2020 CROSS COUNTRY INVITATIONAL FRIDAY, SEPTEMBER 18TH 2020

LHS/IKE Cross Country Invitational will be held at Cameron University McCord Baseball Field located on the Cameron University campus next to McCord Baseball Field. The Address is 2800 West Gore Blvd.

All team entries must be completed online at www.endurousa.com. If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website (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.
(1) Setup ---- then UPGRADE your ENDURO USA account so you can add your school and desired roster(s);
(2) After you upgrade, click on "My Roster List" (Left side of Home Page) to find your rosters and add students"
(3) Add the meet to your schedule (Main Roster window) and enter your students.

COVID-19 Warning: Teams are recommended to participate in social distancing as much as possible to prevent the spread or contraction of COVID-19. Prior to coming to the meet, please check temperatures and leave anyone home who has a temperature of 100.4 or higher.

Entry Deadline: 5:00 p.m. Tuesday September 15th

Rolling Schedule

8:30 a.m. Coaches Meeting
9:00 a.m. 5A/6A Varsity Boys – 5K
5A/6A Varsity Girls – 5K
5A/6A Junior Varsity Boys – 5K
5A/6A Junior Varsity Girls – 5K
A through 4A Varsity Boys – 5K
A through 4A Varsity Girls – 2 Mile
8th Grade Boys 2 Miles
8th Grade Girls 2 Miles
7th Grade Boys 2 Miles
7th Grade Girls 2 Miles
6th Grade Boys 1 Mile
6th Grade Girls 1 Mile

Entry Fee:

\$60 for each team (\$120 for both Boys and Girls) (Junior Varsity team unlimited and included)
\$50 Junior High Team (\$1000 for both Boys and Girls) (Junior Varsity team unlimited and included)
\$10 per individual runner

Awards: Awards Ceremony @ Finish Line

Top 15 finished from each division (All Divisions) will be awarded medals at the finish line.

Entry fees make payable to LHS Cross Country, Address 601 NW Fort Sill BLVD, Lawton Oklahoma 73507, phone 580-355-5170

Contact Information

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Lawton High School Cross Country
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Amber Bain
Eisenhower High School Cross Country
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LHS/IKE Cross Country Invitational Invoice

School: _____

Coach: _____

Events Participated in:

5A/5A Boys _____	5A/6A Girls _____	4A Girls _____
4A Boys _____	3A Girls _____	3A Boys _____
2A Girls _____	2A Boys _____	A Girls _____
A Boys _____	8 th Grade Boys _____	8 th Grade Girls _____
7 th Grade Boys _____	7 th Grade Girls _____	6 th Grade Boys _____
6 th Grade Girls _____	Individual Runners _____	

Total Amount Due: _____

Make checks available to:

LHS Cross Country
Address 601 NW Fort Sill BLVD,
Lawton Oklahoma
73507
Phone 580-355-5170