

Ponca City Cross Country Meet 2019

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

Date: Thursday, October 15, 2020

Place: Lake Ponca Disc Golf Course

Meet Director: Wendy Landes, landew@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: 1st place team award for each division; 20 medals for each division

2:30 Coaches Meeting

3:00 JV Girls (5000 m)

3:45 JV Boys (5000 m)

4:30 Varsity Girls (5000 m)

5:00 Varsity Boys (5000 m)

5:45 JH Girls (3200 m)

6:15 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). www.enduroussa.com

Deadline for entering is: Wednesday, Oct 14th at 7pm.

Be sure to visit our meet's ðPREVIEWö window immediately before departing for our meet. You must complete **all steps** on the ðENTRIES Windowö. **Teams will NOT be added at the meet.**

COVID precautions: *mask wearing in areas where social distancing isn't possible. Runners need to wear masks to the starting line. A couple of minutes before start they can remove them. Spectators will not be allowed near the start or finish lines. Only coaches, managers and runners will be allowed in those areas. Runners to be aware of their surroundings and not gather near the starting line allowing only those starting next race to be that area. Hand sanitizer will be made available at the finish line. There will be ample space and time for runners to clear areas before the next race begins. Runners will need to return to their camp sites when they have completed their race so the next groups can come in and prepare. Bottled water will be provided after the race to each participant. Times will be posted on OHS track the following day to cut down on crowds.*

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