

8TH Annual Sequoyah Cross Country Meet

Sequoyah High School • 16405 S. 4180 Rd. • Claremore, OK 74017

Saturday, August 29, 2020

Location: Behind Mid High and High School campus which is located 4 miles north of Claremore on highway 66. Park in east parking lot of Mid High.

ONLINE REGISTRATION: Entries are to be complete online at: www.endurousa.com Phone or faxed entries will not be accepted. If you do not already have an ENDURO USA™ account, set up an ENDURO USA™ account in your name. If you need assistance with your ENDURO USA™ account, including switching rosters from a previous coach, contact Kevin (kevin@runenduro.com).

Elementary Schools do NOT need to enter online.

ONLINE ENTRY DEADLINE: Friday, August 28th @ 5pm.

Be sure to visit our meet's "PREVIEW" window immediately before departing for our meet. Complete ALL steps on the "ENTRIES Window" – including the "VERIFICATION Step". Middle School students cannot be entered from a High School Roster. Teams will NOT be added at the meet – No Exceptions.

Schedule:	Time:	Distance:
Coaches Meeting	8:40	Starting Line
Elementary Girls	8:45	1600M
Elementary Boys	9:00	1600M
Middle School Girls	9:15	1600M
Middle School Boys	9:30	1600M
9 th -10 th Girls	9:45	1600M
11 th -12 th Girls	10:00	1600M
9 th -10 th Boys	10:15	3200M
11 th -12 th Boys	10:45	3200M

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

Awards: Individual medals given to the top 20 in every division.

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

Course maps will be available that morning at check in at 8:00 A.M.

Entry Fee: High School Teams / \$55 per team (\$100 for both Boys and Girls)

Middle School Teams / \$40 per team (\$70 for both Boys and Girls)

Individual Runners / \$10 each Middle School Individuals / \$5 each

Elementary Runners / \$2 each

***If entering Boys and Girls Middle School and High School divisions/ \$150**

Concession: There will be a small concession stand with drinks and snacks.

Entry Deadline: There is no entry deadline. We would like you to e-mail us your roster so we will know how many runners to expect by August 24.

Meet Director: Brad Holt --- Cell Phone: (918)605-0201 --- Work Phone: (918)341-5537

E-mail: brad.holt@sequoyaheagles.net