

Verdigris Valley Conference Cross Country Meet

Monday, October 19th, 2020

Location: Cleora Course - 451358 East 295 Road - Afton, Oklahoma 74331

<u>Schedule:</u>	<u>*Time:</u>	<u>Distance:</u>
Coaches Meeting	4:00pm	Starting Line
Middle School Girls (6 th -8 th)	4:15pm	1600M
Middle School Boys (6 th -8 th)	4:30pm	3200M
High School Girls (9 th -12 th)	4:55pm	3200M
High School Boys (9 th -12 th)	5:15pm	5K

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

Awards: Individual medals awarded to the top 10 in every division
First place plaques awarded to top teams in each division

Entry: Coaches will enter rosters on enduroussa.com
Deadline will be posted on enduroussa.com

Meet Director: David Douthit (Miami Cross Country)
Phone: 918-453-3345
Email: ddouthit@miamips.net

****Coaches please set up your campsites inside the softball field**

****Masks are encouraged to be worn by all coaches, spectators, and athletes**