

**North Canadian River Conference  
Cross Country Meet at North Rock Creek Campus  
Tuesday, September 14, 2021**

**NOTE: This is NOT an invitation. This is information only for those schools who are members of the N Canadian River Conference.**

**Registration: DEADLINE is Monday, September 13<sup>th</sup>, 5:00 PM**  
**Entries after the deadline will NOT be allowed. - - - NO EXCEPTIONS**

**Entry Procedure:** All entries must be completed online at: [www.endurousa.com](http://www.endurousa.com)  
If you do not already have an account, you will need to visit "ENDURO USA" - - -  
([www.endurousa.com](http://www.endurousa.com)). After you set up your account, email Kevin McWatters  
([kevin@runenduro.com](mailto:kevin@runenduro.com)). In your email, list your school, the roster(s) you need (boys and/or girls), and the name of the previous coach. Please do not wait until the last minute to contact Kevin.

**Schedule:** The original schedule called for a 4 p.m. start. Our suggestion is that schools avoid missing any of their instruction time so they don't have to count this as one of their "missed school" days on the CC schedule. If teams are there around 4 or so and ready to run the 1<sup>st</sup> race at approximately 5 p.m. there should be enough time for 4 races to be completed before dark while still running the "cooler" part of the evening. (Sunset is scheduled for 7:38 p.m. that day.)

**Suggested Competition Schedule (Times are Approximate):**

5:00 PM – MS Girls (8<sup>th</sup> grade and below) – 1600m  
5:25 PM – MS Boys (8<sup>th</sup> grade and below) – 2.5K (approx. 1.55 mi.)  
6:00 PM – HS Girls (Varsity and JV, combined) – 3200m  
6:30 PM – HS Boys (Varsity and JV, combined) – 5K  
(We will consider altering the MS distance(s) if there is a vast consensus to do so.)

**Parking:** Team buses should enter the campus by the main entrance, go north by the FB field, turn west and park as far west as possible along the north curb north of the gym. Walk up the grass path (going north, west of the baseball field) to the CC Course north of the baseball field.

**Spectators:** Enter the gate near the ball fields and track. Admission will be charged.

Please call or text Coach Martin at 405-567-5563 (cell) with any questions.