

Verdigris Valley Conference Cross Country Meet

Monday, October 18th, 2021

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

Registration: DEADLINE is Sunday, October 17th, 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

If you do not already have an account, you will need to visit "ENDURO USA" - - - (www.endurousa.com). After you set up your account, email Kevin McWatters (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.

<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

Meet Director: Scott Reed (Vinita Cross Country)

Phone: 918-323-1807

Email: reedjs@vinitahornets.com

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

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