

## Claremore Zebra

### Claremore Lake Cross Country Meet

**DATE:** Friday, September 9<sup>th</sup>, 2022

**TIME:** Coaches meeting starts at 9:00 a.m. First race starts at 9:30 a.m.

**LOCATION:** Claremore Lake

E. Lowery Rd

Claremore, OK 74017

**REGISTRATION:** ONLINE MEET REGISTRATION: 1. Entries are to be complete online using ENDUROUSA.COM, Phone or faxed entries will not be accepted. If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website ([www.endurousa.com](http://www.endurousa.com)). After you set up your account, you must UPGRADE your account to "Coach of Record (school meets)". The blue button to upgrade is in the upper-right hand corner of the Home Page. After you upgrade, click on "My Roster List" and continue. (1) Setup - - - then UPGRADE your ENDURO USA account so you can add your school and desired roster(s); (2) After you upgrade, click on "My Roster List" (left side of Home Page) to find your rosters and add students" (3) Add the meet to your schedule (Main Roster window) and enter your students. Be sure to VERIFY. Deadline for entering is: The deadline is Tuesday, Sept 6<sup>th</sup> at 12am. No additional entries after the deadline. **If you need help with your ENDURO USA™ account, please email your questions to: [cara@runenduro.com](mailto:cara@runenduro.com).**

**DIRECTIONS:** Take Highway 66 to Blue Star drive, turn right on Blue Star,

Go to the stop light, continue to go straight to the stop sign, go straight thru the stop sign for  $\frac{3}{4}$  of a mile and the round-up (rodeo) entrance will be on the left. **Drop your athletes off and park the bus in the lot for the round-up (rodeo grounds).**

**DIVISIONS:** H.S. Boys (7 members), H.S. Girls (7 members), J.V. Boys (unlimited), J.V. Girls (unlimited), J.H. Girls (unlimited), J.H. Boys (unlimited). Junior high is 8<sup>th</sup> and below.

**DISTANCE:** 5A-6A Boys and Girls 5K, 4A and Below Boys 5K and Girls 2 mile. All Junior High will be 2 miles.

**ENTRY FEE:** \$80 varsity girls, \$80 varsity boys (J.V. Free with varsity fee)  
\$65 J.H. girls, \$65 J.H. boys  
\$15 per runner if less than 7 runners

**AWARDS:** Top 20 receive medals in Varsity, J.V. and J.H.  
First place team in varsity division will receive a plaque.

**SCHEDULE:** 9:00 Coaches Meeting at Finish Line  
9:30 H.S. Girls (5K)  
10:00 H.S. Boys (5K)  
10:30 J.V. Girls (5K)  
11:00 J.V. Boys (5K)  
11:30 H.S. Girls (2Mile)  
12:00 J.V. Girls (2 Mile) If Needed  
12:30 J.H. Girls (2 Mile)  
12:50 J.H. Boys (2 Mile)

**CONTACT:** Eric Wiens  
Head Cross Country Coach  
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School: 918-923-4211  
Cell: 918-261-0197

**PAYMENT:** Have all checks made out to:  
Claremore Cross Country  
201 E. Stuart Roosa  
Claremore, OK 74017