

Ponca City Cross Country Meet 2022

Make Checks Payable to: Ponca City Public Schools, Attn: Athletics 613 E Grand, Ponca City, OK 74601

Date: Thursday, September 15, 2022

Place: Lake Ponca Disc Golf Course

Meet Director: Wendy Landes, landew@pcps.us, 580-716-9244

Classes 2a-6a invited

Entry Fees: HS-\$70 per team/\$140 for two teams, \$10 individual less than 5

JV teams are included with each varsity team entered

JH-\$60 per team/\$120 for two teams, \$8 individual

Awards: 1st place team award for each division; 20 medals for each division

11:30 am High School Coaches Meeting

12:00 pm Junior Varsity Girls (5000 m)

12:30 pm Varsity Girls (5000 m)

1:00 pm Junior Varsity Boys (5000 m)

1:30 pm Varsity Boys (5000 m)

2:00 pm Junior High Coaches Meeting

2:30 pm Junior High Girls (3200 m)

3:00 pm Junior High Boys (3200 m)

4:00 pm Elementary School Race 1 mile

ONLINE MEET REGISTRATION: Entries are to be complete online using 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. - - - Then log into your account and follow the instructions in the top-right to “upgrade” your acct and add the desired Rosters. If you need assistance with your ENDURO USA™ account contact Kevin McWatters (kevin@runenduro.com). www.enduroussa.com

Deadline for entering is: Wednesday, Sept 14th at 7pm.

Be sure to visit our meet’s “PREVIEW” window immediately before departing for our meet. You must complete **all steps** on the “ENTRIES Window”. **Teams will NOT be added at the meet.**

There will be concessions available! Looking forward to seeing you at our meet! Come enjoy the beautiful views of the lake.