

# Verdigris Valley Conference Cross Country Meet

**Monday, October 17<sup>th</sup>, 2022**

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 <sup>th</sup> -8 <sup>th</sup> )	4:15pm	1600M
Middle School Boys (6 <sup>th</sup> -8 <sup>th</sup> )	4:30pm	3200M
High School Girls (9 <sup>th</sup> -12 <sup>th</sup> )	4:55pm	3200M
High School Boys (9 <sup>th</sup> -12 <sup>th</sup> )	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 [endurousoa.com](http://endurousoa.com)  
Deadline will be posted on [endurousoa.com](http://endurousoa.com)

**ON-LINE ENTRIES:** Coaches must submit all entries on the ENDURO USA™ website:  
[www.endurousoa.com](http://www.endurousoa.com). - - - **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** - - -

**ONLINE ENTRIES DEADLINE:** the day before the meet @ 5:00pm. Complete ALL of the steps on the "Entries Window". Make sure to "VERIFY". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to: [cara@runenduro.com](mailto:cara@runenduro.com).

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