

Oklahoma **Big 7** Cross Country Meet (High School)
Tuesday, October 10, 2023

The Oklahoma **Big 7** Cross Country Meet will be held at **Eldon Lyon Park**, located **7400 NW 36th St, Bethany, OK 73008**.

TEAM ENTRIES: will need to be completed on www.endurousa.com. **Varsity** entries are limited to **7 runners**, **JV entries are UNLIMITED ENTRIES - Boys and Girls Division Team**.

NO ADDITIONAL ENTRIES AFTER THE DEADLINE: ONLINE ENTRIES DEADLINE SEPT 9th @5pm

ENTRY FEE: NO! entry fee - waived by conference.

COMPLETE ALL of the STEPS on the "Entries Window". Make sure to "VERIFY" team entry's "TEAMS WILL NOT BE ADDED AT THE MEET" If you need help with your **ENDURO** account, please email your questions to: darren@enduro.com, cara@runenduro.com

AWARDS: will be presented to the **Top 15 runners in each division race**. **Top 10 runners are All-Conference;** the **NEXT 5 are honorable mention**. Team Plaque will be awarded for champion in both varsity divisions.

TEAM BUS PARKING: Calvary Chapel Church parking lot.

TEAM DROP OFF, TEAM CAMPS: VIEW GOOGLE MAP

TEAM PACKETS: PICK PACKETS UP AT FINISH LINE AREA

COACHES MEETING: 4:30 p.m (AT THE FINISH LINE AREA)

SCHEDULE:

JV Girls - 4:45 p.m.

Varsity Girls - 5:15 p.m.

JV Boys - 5:45 p.m.

Varsity - 6:15 p.m.

Contacts: Meet Information- Coach Miller 1(405)863-0819, JohnM@putnamcityschools.orr

Enduro questions- darren@enduro.com, 1(405) 918-200-1975, Cara: 405-570-2010

COURSE INFORMATION: 5k Course = 3 laps Follow course and flag to Finish 1600m , 3200m 5000m will be marked with signs.

