



3rd Annual Checotah Crossroads Cross Country Meet-October 3rd, 2023

Checotah High School would like to invite you to our 2nd annual Cross Country Meet. The Meet will be held at the Checotah Sports Complex. The Meet is 4A and below.

Entry Fees:

High School

Boys \$70, Girls \$70, Individual \$10

Junior High

Boys \$50, Girls \$50, Individual \$10

- (All four teams-HS Boys and Girls, JH Boys and Girls \$200)

Please make checks payable to “Lady Cat Tip In”

Elementary

Boys \$30, Girls \$30, Individual \$5

Awards

High School Medals Top 15

Junior High Medals Top 15

Elementary, Blue Ribbons for 1st-15th, Red Ribbons 16th-30th, Yellow Ribbons 31st-45th

Concession and restrooms will be available.

Registration

Junior High and High School will need to enter the meet through www.endurousa.com. Elementary times will be handheld, so enter when you arrive.

Running Schedule

9:45 Coaches Meeting

10:00 Elementary Girls, 1 Mile (6th Grade and Under)

10:20 Elementary Boys, 1 mile (6th Grade and Under)

10:40 Junior High Girls, 1Mile (7th and 8th)

11:00 Junior High Boys, 1 Mile (7th and 8th)

11:20 High School Girls 2 Miles

11:40 High School Boys 5K

*No team trophies will be given.

Questions or Information- contact Jason Dowdy 918-931-9193 or JMDowdy@checotah.k12.ok.us or Wes Cloud 918-527-6411 or wdcloud@checotah.k12.ok.us

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com — **NO ADDITIONAL ENTRIES AFTER DEADLINE.** — **ONLINE ENTRIES DEADLINE:** the day before the meet @ 12:00pm. 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.