



CCS Cross Country Invitational

Saturday, September 16th, 2023



Location: Community Christian School Activity Center

5300 Interstate Dr, Norman OK 73072

Cross Country Course is south of the CCS Baseball Field (see map below)

Parking is in the paved CCS Activity Center parking lot north of the baseball field.

ON-LINE ENTRIES- Coaches must submit all entries on the ENDURO USA™ website:

www.endurousoa.com. — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.**

ONLINE ENTRIES DEADLINE: September 15th at noon. Complete ALL 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 jhughes@elginps.net.

MEET TIMING & RESULTS- RFID Chip Timing for the meet is provided by 12:1 Running Timing Services. Live results are available at www.twelve1running.com.

*Fields will be limited to 20 Small Schools (2A-4A) and 20 Large Schools (5A-6A)

Entry Fee: \$90 for High School teams - \$160 for both girls and boys team

\$60 for Junior High teams - \$100 for both girls and boys team

\$15 per individual (up to 4 individuals)

Mail or bring check payable to:

CCS (memo: XC Coach)

3002 Broce Dr

Norman, OK 73072

Contact: Email Coach Downing to confirm entry at ccsxctf@ccsroyals.com.

Check-In: Bring a copy of the printed ENDURO Entries in exchange for team/coaches' packet and bib numbers.

Gate Fee: \$3 per spectator or \$5 per family

Concession stand available and t-shirts for sale.

Awards: Medals to the top 20 in each race. Team Champion plaques will be awarded in JH & HS Varsity divisions. Results will be divided into Small Schools (2A-4A) and Large Schools (5A-6A).

Schedule: All races after the first race will be run on a rolling schedule.

8:00 COACHES' MEETING - BY THE STARTING LINE

8:15 JH GIRLS (7TH-8TH GRADE) 1.5 MILES

8:35 JH BOYS (7TH-8TH GRADE) 2 MILES

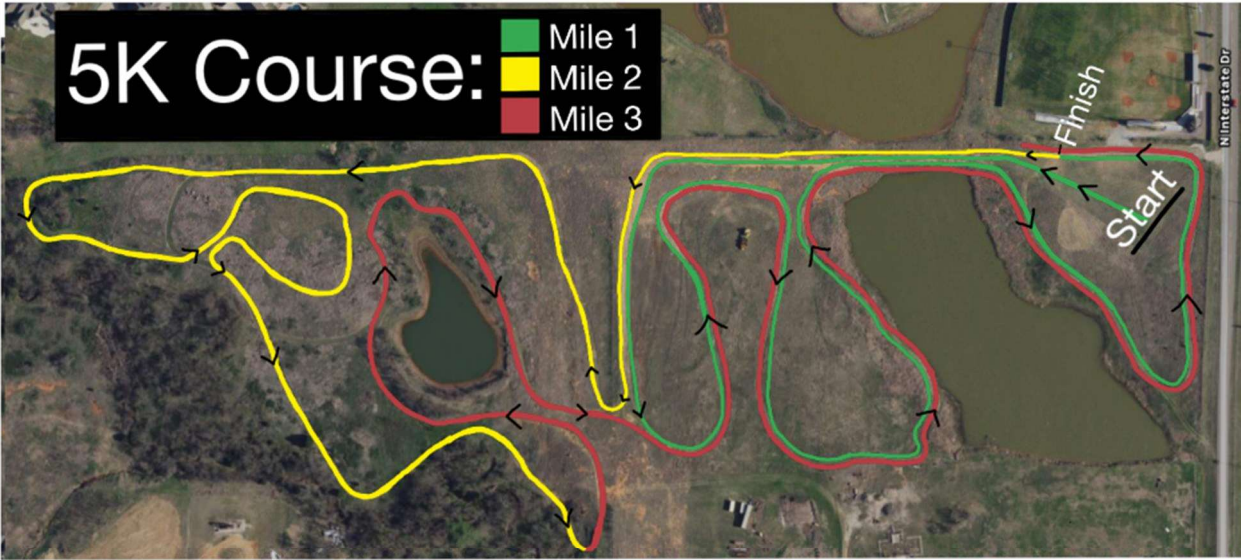
8:55 JV/VARSITY GIRLS 2 MILES

9:15 JV/VARSITY BOYS 3 MILES

*If entries exceed course capacity, races will be divided into Small Schools and Large Schools.

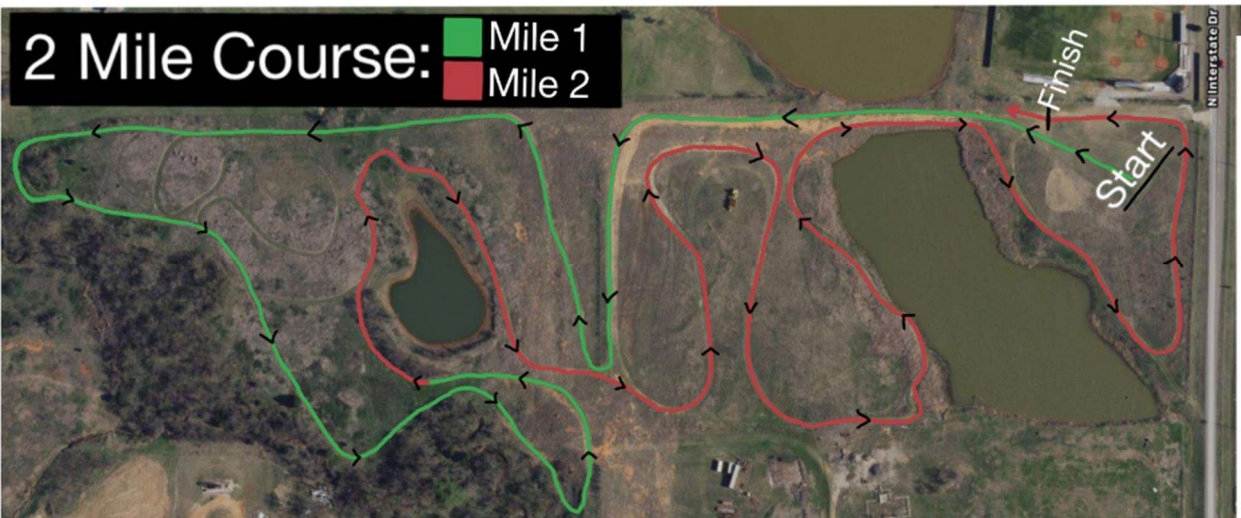
5K Course:

- Mile 1
- Mile 2
- Mile 3



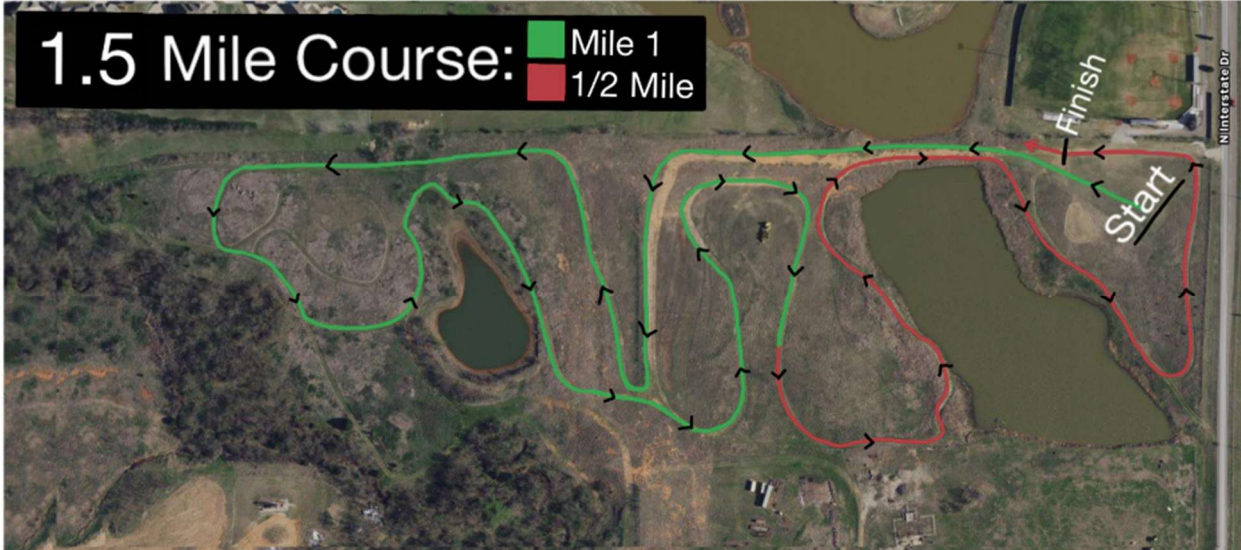
2 Mile Course:

- Mile 1
- Mile 2

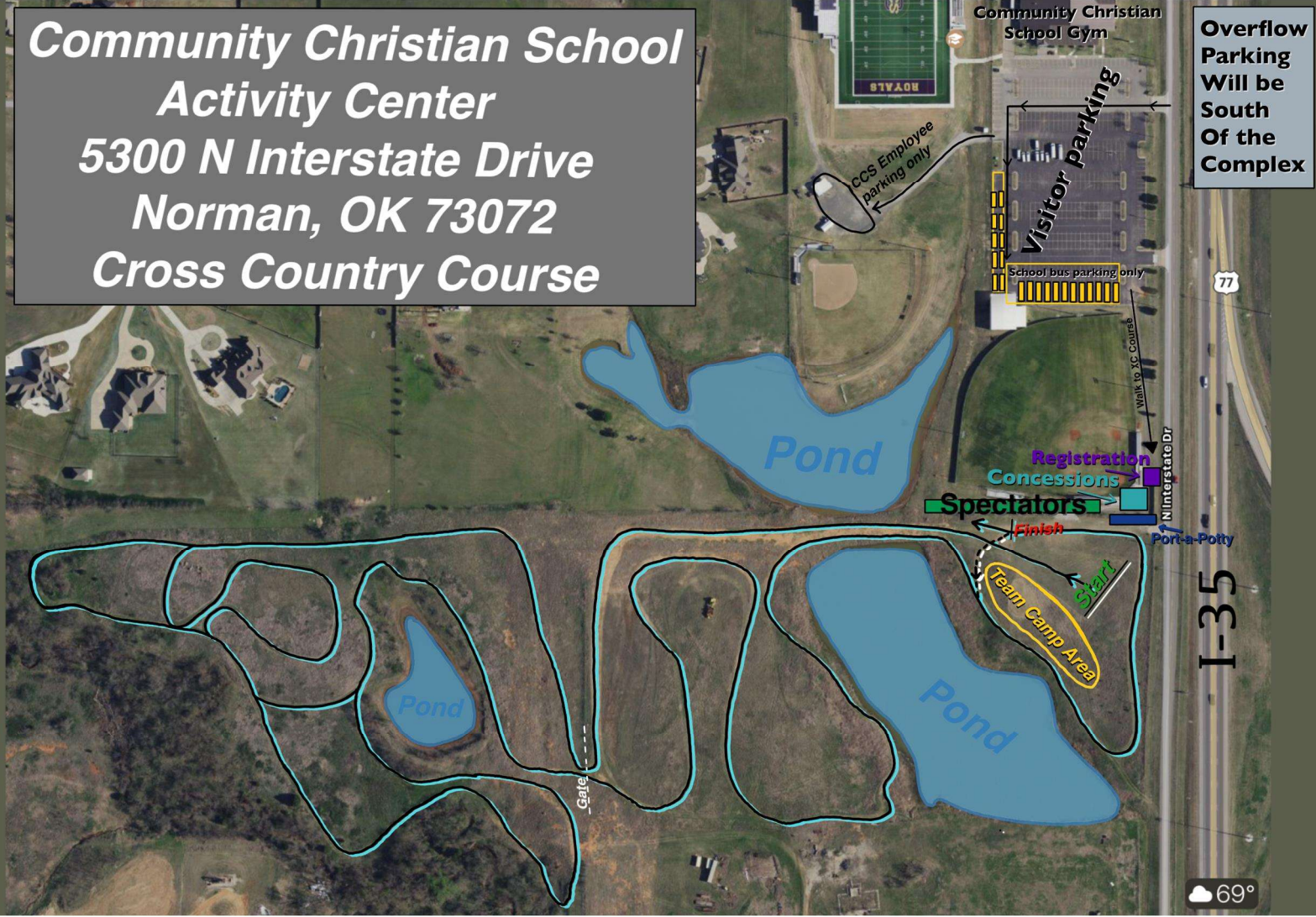


1.5 Mile Course:

- Mile 1
- 1/2 Mile



**Community Christian School
Activity Center
5300 N Interstate Drive
Norman, OK 73072
Cross Country Course**



**Overflow
Parking
Will be
South
Of the
Complex**

77

I-35

69°