



# FRONTIER CROSS COUNTRY INVITATIONAL SATURDAY, OCTOBER 7, 2023

**LOCATION:** Frontier High School

**RUNNERS:** Any number of runners may participate from a school and compete for the individual medals, but only the top seven will be used in team scoring.

**AWARDS:** Medals for the top 30 places in each of the High School and Middle School Divisions.

The Middle School Division is for 8th grade and under. We will start the next race as soon as we can when the previous race is completed.

| DIVISIONS           | DISTANCE    | EVENT TIME |
|---------------------|-------------|------------|
| High School Boys    | 5000 meters | 9:00 am    |
| High School Girls   | 2 miles     |            |
| Middle school boys  | 2 miles     |            |
| Middle school girls | 1 mile      |            |

Elem boys and girls                      1 mile

|   |                           |
|---|---------------------------|
| <b>ENTRY FEES: High School team (boys and girls)</b>                | <b>\$75 per team</b>      |
| <b>                         Middle school team (boys and girls)</b> | <b>\$50 per team</b>      |
| <b>                         Elem school team boys and girls</b>     | <b>\$40 per team</b>      |
| <b>                         Individual runner</b>                   | <b>\$15 (less than 5)</b> |

**MAKE CHECKS PAYABLE TO: FRONTIER PUBLIC SCHOOLS**

**ON-LINE ENTRY DEADLINE:** Thursday, October 5th @ 7pm. All entries must be completed online at: [www.enduroentries.com](http://www.enduroentries.com) (complete all 5 steps) For athlete eligibility purposes, make sure middle school athletes and high school athletes are entered separately through the appropriate ENDURO entries account. If you have questions regarding your ENDURO entries account, please contact Cara Branson at [cara@runenduro.com](mailto:cara@runenduro.com).

**IF YOU HAVE ANY QUESTIONS REGARDING MEET, PLEASE CONTACT:  
JASON COLLINS—FRONTIER CROSS COUNTRY (918)-397-1465  
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