

2023 Inola Cross Country Meet

4A & UNDER



Date: September 12, 2023 (Tuesday)

Location: Inola High School

ENTRY PROCEDURE: All entries must be completed on-line at: www.endurousa.com

Make sure to "VERIFY". TEAMS WILL NOT BE ADDED AT THE MEET.

Each Team will receive a packet with bibs for each runner. Bibs must be worn on the front (chest area). Students will not be allowed to start/enter a race without his/her bib.

Junior High students can NOT be entered through a High School Account. Elementary students need to be added to an elementary account.

If you need assistance with your ENDURO USA™ account, or to switch rosters from a previous coach to your account, please email your questions to: cara@runenduro.com.

ON-LINE ENTRY DEADLINE: September 11th @ 5pm. (Mon.)

Entry Fee: Varsity teams \$75 per team, \$150 for boys & girls (9th&Up)

(JV free with Varsity entry)

Junior High teams \$55 per team, \$110 for both boys and girls (7th& 8th)

Individual High School runners \$15 each (9th& Up)

Individual JH runners \$10 each

Please make checks out to:

Inola Public Schools

P.O. Box 1149

Inola, OK 74036

Attention: Coach Andrews

Awards: Individual medals given to the top 20 in each division

Schedule	Time	Distance
Coaches Meeting	9:30 AM	
JH Girls	9:45 AM	1 mile
JH Boys	10:00 AM	1 mile
JV Girls (9 th & 10 th)	10:15 AM	2 miles
High School Girls (11 th & 12 th)	10:30 AM	2 miles
JV Boys (9 th & 10 th)	10:45 AM	2 miles
High School Boys (11 th & 12 th)	11:00 AM	5K

Times are approximates. Races will start when preceding race ends.

This meet will be held on the campus of Inola High School.

Questions call Coach Kanella Andrews at 918-636-2444 email kandrews@inola.k12.ok.us.