



1st Annual SWOk Fellowship of Christian Athletes CC Lawton Oklahoma, Cameron University

Date: Friday, October 6th 2023

Entry Fee: Varsity Girls Team \$90, Varsity Boys Team \$90 (\$160 Both); JV Girls Team \$50 (free with Girls Team entry), JV Boys Team \$50 (free with Boys Team entry); MS Girls Team \$60, MS Boys Team \$60 (\$100 Both); Individuals \$10 (up to four entries).

- Mail entry fees to: PO Box 1092, Rush Springs Ok.
- Make checks payable to Fellowship of Christian Athletes

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

www.endurousa.com. – **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** – **Online**

Entries Deadline: Thursday October 5th at noon. Complete ALL steps on the “Entries Windo”. Make sure to “VERIFY”. **TEAMS WILL NOT BE ADDED AT THE MEET**. If you need help with your ENDURO USA TM 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.

For more information please contact Richy Large, rlarge@fca.org or Jon Hughes, jhughes@elginps.net. We look forward to seeing you in September.

Course: Cameron University baseball field

Parking: On location and across the highway at the Softball/Football field

Restrooms: Plenty of portable restrooms will be available

Schedule:

9:45 Coaches Meeting

10:00	HS Girls	5k
	HS Boys	5k
	HS Girls	2 miles
	JH Boys	2 miles
	JH Girls	1.5 miles

(Each race will begin on a rolling start. Also, if a high school race has too many competitors, we will run a separate JV race.)

Scoring and Awards: The school’s top 7 runners will be scored for Varsity and MS division (5 scorers and 2 displacers). All other runners will be timed but not scored. Medals will be given to the top 20 for each division: MS, JV, and Varsity. 1st Place team awards for MS and Varsity only.

Coaches Check-in: Left field corner of the outside baseball fence.