

Muldrow Cross Country Meet

Date: September 21, 2023

Time: Coaches meeting at 9:00am

HS Girls at 9:30am

HS Boys at 10:15am



Location: Old Muldrow Golf Course

501 E Sequoyah St. Muldrow, Ok.74948

Divisions: High School Boys and High School Girls

Entries: Entries need to be made through www.endurousa.com .

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. - - - **NO ADDITIONAL ENTRIES AFTER THE 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.

Entry Fees: \$90/Division or \$15/runner for teams of less than 5 runners.

Please make checks payable to Muldrow Public School

Awards: There will be 20 medals for each division given out to top finishers.

Contacts: If you have any questions please feel free to call/text or email,

Debra McDonald 479-431-8914 debra.mcdonald@staff.muldrowps.org or

Terry Collins 815-307-0082 terry.collins@staff.muldrowps.org