

PRAGUE XC MEET (3A & below)

****HELD AT NORTH ROCK CREEK - SHAWNEE ****
DUE TO CONSTRUCTION AT PRAGUE HIGH SCHOOL

SPONSORED BY KEN'S PIZZA

SATURDAY, September 9, 2023

SCHEDULE: 8:30am Coach's Meeting

First Race 9:00am HS Girls (2 miles)
 HS Boys (5K)
 7-8 girls (1 mile)
 7-8 Boys (1 mile)
 Elementary Boys and Girls (1 mile) 6th & below

ENTRY FEES: \$75 PER TEAM

\$15 for each individual entry

\$5 ELEMENTARY (UP TO \$50* PER SCHOOL)

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.

AWARDS: Medals to top 20 individuals in each division

Trophy to First Place team in each division of JH & HS

***** ELEMENTARY runners must enter at the posted table *****

Coaches will TIME THEIR OWN ELEMENTARY runners*****

Unlimited entries (no separate JV races)Top 5 per team will score. #6 & #7 are bumpers. #8 and following may medal but will be deleted from team scoring.

TEAM CAMPS IN THE OVAL GRASS AREA (EAST SIDE OF HS)

PARKING: HANDICAPPED ONLY -Gravel lot on Westlawn, South of HS

BUSSES and CARS Use Paved lot between football field and

gymnasium **Course is located along the South side of the High School campus.

If you plan to attend please contact me -

Shelli Watkins 405-570-3864 or email swatkins@prague.k12.ok.us