



MOORE LIONS

#R4RYK XC Invitational

(20 team limit for High school & Junior High races)

Elementary Race



DATE: Saturday, September 9th, 2023

PLACE: First Moore Baptist Church, 301 NE 27th St. Moore, Ok

COURSE: Some long hills. Great Spectators Course!

RACE SCHEDULE: 7:30 A.M. Coaches Meeting

7:50 A.M. **Moment of Silence (#R4RYK)**

8:00 A.M. High School Girls (V) (5K) (8 Runner Limit)

8:30 A.M. High School Boys (V) (5K) (8 Runner Limit)

9:00 A.M. High School Girls (JV) (5K)

9:30 A.M. High School Boys (JV) (5K)

10:00 A.M. Elementary Race (6th grade and down) (1 mile)

10:20 A.M. 7th Grade Girls (2 miles)

10:45 A.M. 7th Grade Boys (2 miles)

11:10 A.M. 8th Grade Girls (2 miles)

11:35 A.M. 8th Grade Boys (2 miles)

TEAM & INDIVIDUAL AWARDS:

Team Awards: 1st place & Runner-up each HS Varsity race and 1st place for each JH race.

Medals: top 20 finishers in each race

ENTRY FEES: \$75 high school girls, \$75 high school boys (JV Free with Varsity entry),
\$65 JH girls (pays for both grades), \$65 JH boys,
Discount: \$250 if all 4 teams run (HS and JH). Individuals \$15 each.

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:** Friday, September 8th @ 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.

ELEMENTARY RACE INFO: All elementary runners must enter in at www.endurousa.com by Fri.

Sept. 8th at 12:00pm. **All elementary finishers will receive an award.** Race fee is \$5/person.

Email Coach Givens for team prices.

Make checks payable to: **Moore XC and Track Booster Club**

Moore High School
ATTN: Brian Givens
300 N. Eastern
Moore, OK 73160
580-318-1184

RSVP to Moore HS Head Coach, Brian Givens: briangivens@mooreschools.com