



**2021 CROSS COUNTRY INVITATIONAL  
FRIDAY, SEPTEMBER 17<sup>TH</sup> 2021**

LHS/IKE Cross Country Invitational will be held at Cameron University McCord Baseball Field located on the Cameron University campus next to McCord Baseball Field. The Address is 2800 West Gore Blvd.

**NEW IMPROVED COURSE, HAS BEEN RESET**

**Registration: DEADLINE is Thursday, September 16th, 5:00 PM**  
**Entries after the deadline will NOT be allowed. - - - NO EXCEPTIONS**

**Entry Procedure:** All entries must be completed online at: [www.endurousa.com](http://www.endurousa.com)  
If you do not already have an account, you will need to visit "ENDURO USA" - - -  
([www.endurousa.com](http://www.endurousa.com)). After you set up your account, email Kevin McWatters  
([kevin@runenduro.com](mailto:kevin@runenduro.com)). In your email, list your school, the roster(s) you need (boys and/or girls),  
and the name of the previous coach. Please do not wait until the last minute to contact Kevin.

COVID-19 Warning: Teams are recommended to participate in social distancing as much as possible to prevent the spread or contraction of COVID-19. Prior to coming to the meet, please check temperatures and leave anyone home who has a temperature of 100.4 or higher.

**Rolling Schedule**

8:30 a.m. Coaches Meeting  
9:00 a.m. 5A/6A Varsity/JV Boys – 5K (20 Varsity – 10 JV Medals)  
5A/6A Varsity Girls – 5K (20 Varsity – 10 JV Medals)  
A through 4A Varsity Boys – 5K (20 Varsity Medals)  
A through 4A Varsity Girls – 2 Mile (20 Varsity Medals)  
Middle School Boys (6-8<sup>th</sup>) – 2 Miles (30 Varsity Medals)  
Middle School Girls (6-8<sup>th</sup>) – 2 Miles (30 Varsity Medals)

**Entry Fee:**

\$75 for each team (\$140 for both Boys and Girls) (Junior Varsity team unlimited and included)  
\$50 Junior High Team (\$100 for both Boys and Girls) (Junior Varsity team unlimited and included)  
\$10 per individual runner

**Awards:** Awards Ceremony @ Finish Line (See above)

**Entry fees** make payable to LHS Cross Country, Address 601 NW Fort Sill BLVD, Lawton Oklahoma 73507,  
phone 580-355-5170 x3317

**Contact Information**

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Lawton High School Cross Country  
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Eisenhower High School Cross Country  
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