



*Bethany Bronchos Invitational  
High School & Middle School Cross Country Meet*

**Date:** Saturday, Sept. 14th, 2023

**Location:** Eldon Lyon Park, 7300 NW 36th, Bethany, Ok.

**Parking:** I am attaching a map for parking for spectators and also buses. BUSES PLEASE follow the map and **DO NOT ENTER THE PARK FOR DROP OFF!**

**Awards:** Medals to top 20 runners in each Varsity, JV, and MS race. 1st place *ONLY* team Plaque for each Varsity Race, & MS Races. *NO JV team plaques.*

**Please email or text me if you plan on attending!**

|                       |                                   |                                      |
|-----------------------|-----------------------------------|--------------------------------------|
|                       | <b>8:00m HS Coaches Meeting</b>   |                                      |
| <b>Race Schedule:</b> | <b>8:15am</b>                     | <b>V Girls 2 Mile</b>                |
|                       | <b>8:35am</b>                     | <b>V Girls 5K (5A &amp; 6A)</b>      |
|                       | <b>9:05am</b>                     | <b>Varsity Boys 5K ( 2A-4A)</b>      |
|                       | <b>9:35am</b>                     | <b>Varsity Boys 5K (5A &amp; 6A)</b> |
|                       | <b>10:05am</b>                    | <b>JV Girls 2 Mile</b>               |
|                       | <b>10:30am</b>                    | <b>JV Boys 5K</b>                    |
|                       | <b>11:00am MS Coaches Meeting</b> |                                      |
|                       | <b>11:10am</b>                    | <b>7th Girls 2500m</b>               |
|                       | <b>11:30am</b>                    | <b>8th Girls 2500m</b>               |
|                       | <b>11:50am</b>                    | <b>7th Boys 2500m</b>                |
|                       | <b>12:10pm</b>                    | <b>8th Boys 2500m</b>                |

Race times are approximate and will start at the conclusion of the preceding race. [Large School Girls can have JV girls run with Varsity for the 5k if you don't want them running the 2 mile, & depending on entries we can run 2A-6A races together.](#)

**ONLINE ENTRIES:** Enter runners online at [www.endurousa.com](http://www.endurousa.com) (I will send out the code once the meet gets set up on Enduro) **Deadline to enter: Thursday, September 12th at 5:00pm.** **Teams will not be added at the meet.** Each team will receive a packet with a bib for each runner. The bib must be worn on the front (chest area). Students will not be allowed to start/enter a race without his/her bib. Middle School athletes can **NOT** be entered through a high school account. If you need assistance with your ENDURO USA account, please contact Kevin McWatters at [kevin@runenduro.com](mailto:kevin@runenduro.com), or (405)641-6006. No race day entries will be accepted.

**ENTRY FEES:** \$85.00 per each High School team entered (Includes JV Runners), \$170.00 Max. \$50.00 per each Middle School team entered, \$200.00 Max. *If you have more than 5 MS runners for that grade that is considered a team.*

*I purchase one of a kind medals that make it worth the entry fee! The kids will love these medals.*

**HS Medal**

**MS Medal**



**Individual Runners cost \$15.00**

**Make checks payable to: Bethany Public Schools; Attn: Zac Coulson, 4312 N Mueller Ave, Bethany Ok 73008**

**Contact Information:**

Zac Coulson

Bethany Cross Country

Email: [zcoulson@bethanyschools.com](mailto:zcoulson@bethanyschools.com)

Phone: 918-640-3670 (Cell)

