

Moore Lions

#R4RYK Cross-Country Invitational

(20 team limit for High School & Junior High Races)

Date: Saturday, September 7th, 2024

Place: First Moore Baptist Church, 301 NE 27th St. Moore, Ok 73160

Course: Fast, gradual hills with a lot of flat terrain. Very spectator friendly with multiple vantage points.

Winners from 2023: Mez Barth – 15:39.65 & Morgan Kirkland 17:55.81

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 Below) 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 (2Miles)

Team & Individuals Awards:

Team Awards: 1st Place & 2nd Place in each Varsity Race and 1st place for each JH race.

T-Shirts: Top 10 in each High School Varsity Races.

Medals: Top 20 finishers in each race.

Entry Fee: \$75.00 per Varsity Team (JV free with Varsity Entry)

\$65.00 per Junior High Team (pays for both grades)

Discount: \$250.00 if all 4 teams race (HS and JH)

\$15.00 per Individual

Elementary Race Info: All elementary runners enter in at www.endurousa.com by Friday, September 6th at 12:00 P.M. All elementary finishers will receive an award. Race fee is \$5.00/ Per Person.

Email Coach Mettler for team prices.

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, Sept 6th, 2024****) at noon. Complete ALL 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 jhughes@elginps.net.

MEET TIMING & RESULTS- RFID Chip Timing for the meet is provided by **12:1 Running Timing**

Services. Live results are available at www.twelve1running.com.

Make Checks Payable to: **Moore XC and Track Booster Club**

Moore High School

ATTN: Dustin Mettler

300 N. Eastern

Moore, OK 73160

RSVP to Moore HS Head Coach, Dustin Mettler: dustinmettler@mooreschools.com