

Muldrow Cross Country Meet

Date: September 19, 2024

Time: Coaches meeting at 9:00am

HS Girls at 9:30am (2 miles)

HS Boys at 10:15am (5K)

MS Girls at 11:00am (1 mile)

MS Boys at 11:45am (1 mile)

Location: Old Muldrow Golf Course

501 E Sequoyah St. Muldrow, Ok.74948

Divisions: High School Boys and Girls and Middle School Boys and Girls (6th - 8th grades).

Entries:

ON-LINE ENTRIES- Coaches must submit all entries on the ENDURO USA™ website: www.enduroussa.com. — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** — **ONLINE ENTRIES DEADLINE:** (**** INSERT DAY PRIOR TO MEET HERE ***) 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.



Entry Fees: \$90/ HS Division and \$50/ MS Division or \$15/runner for teams of less than 5 runners. Please make checks payable to Muldrow Public School

Awards: There will be 20 medals for each division given out to top finishers.

Contacts: If you have any questions please feel free to call/text or email, Debra McDonald 479-431-8914 debra.mcdonald@staff.muldrowps.org or Terry Collins 815-307-0082 terry.collins@staff.muldrowps.org