27th ANNUAL JH ALL-STAR XC CHAMPIONSHIPS

PLACE: Chickasha, OK (new course) Approx 35 minutes south of the

previous OKC course on I-44. --- Chickasha Sports Complex

900 E. Grand, Chickasha, OK 73018 - (visible from the interstate)

DATE: Thursday, October 15th & Friday, October 16th, 2020 - 9:00 AM

ON-LINE ENTRIES All students MUST be entered on-line at: www.endurousa.com

REGISTRATION Registration Fee for participants will be \$15.00, and they will

receive a custom designed "All-Star" Championship T-Shirt.

REGISTRATION FEES MUST BE RECEIVED ON OR BEFORE OCT 10TH TO RECEIVE A SHIRT.

On-line Entries Deadline: October 10th @ 10 PM.



CROSS COUNTRY

WHO IS

ELIGIBLE: This race is only for students in grades 5-6-7-8 or below. No 9th graders can compete.

THURSDAY, OCT. 15TH

DIVISIONS & 9:00 A.M. - COACHES MEETING

SCHEDULES:

9:15 A.M 2A - GIRLS	2400 meters (30 medals)
9:40 A.M 3A - GIRLS	2400 meters (30 medals)
10:05 A.M 4A - GIRLS	2400 meters (30 medals)
10:30 A.M 2A - BOYS	3200 meters (30 medals)
10:55 A.M 3A - BOYS	3200 meters (30 medals)
11:20 A.M 4A - BOYS	3200 meters (30 medals)

FRIDAY, OCT. 16TH

9:00 A.M. - COACHES MEETING

 9:15 A.M. - 5A GIRLS
 3200 meters (30 medals)

 9:40 A,M. - 6A GIRLS
 3200 meters (30 medals)

 10:05 A.M. - 5A BOYS
 3200 meters (30 medals)

 10:35 A.M. - 6A BOYS
 3200 meters (30 medals)

PLEASE BE EARLY --- RACES WILL START FIVE (5) MINUTES AFTER EACH RACE

TEAM Custom Team plaques awarded to the Top 3 Teams in each division.

AWARDS: Attention: This year 2nd & 3rd place teams in each division receive a Team plaque.

Custom championship medals to the top 30 runners in each race. Runners 1-10 receive custom gold medal - 1st Team All-Star Runners 11-20 receive custom silver medal - 2nd Team All-Star Runners 21-30 receive custom copper medal - 3rd Team All-Star

RULES:

- 1. ONLY 5-6-7-8th graders and below are eligible to compete.
- 2. Each school can have unlimited runners in the championship race.

Five Runners will count for Team scoring.

- 3. A school team must be made up of runners from the same school - - NO taking runners from other schools. (They must enter as individuals.)
- 4. The Top 5 Runners will compete for team points with 6th & 7th runners as pushers.
- 5. This is a USATF sanctioned meet. (USATF membership is not required.)
- 6. Each student MUST submit an Official Meet Waiver signed by his/her parent.