

**Carl Albert TITAN**  
**Cross Country Invitational**  
**Friday – September 4th, 2015**  
**Carl Albert High School**

All team entries must be completed on-line: [www.enduroentries.com](http://www.enduroentries.com) (TrackRoster).

Coaches must complete Steps #2 - #5 to complete their team's on-line entries.

Middle School teams cannot be added to your existing High School account.

If you do not have a Middle School account, contact Kevin McWatters.

Please email him at the following email address: [kevin@enduro.us](mailto:kevin@enduro.us)

You must add the "CA Titan XC Inv" to your on-line schedule, then enter your athletes in the meet. (Steps 2-5) (no exceptions)

- - - **DEADLINE** for all entries: Wednesday, September 2, 5:00pm.

9:00 a.m. ó High School Coaches meeting  
9:15 a.m. ó 5A/6A Varsity Girls 5K  
9:45 a.m. ó 5A/6A JV Girls 5K  
10:15 a.m. ó 5A/6A Varsity Boys 5K  
10:40 a.m. ó 5A/6A JV Boys 5K  
11:10 a.m. ó 2A/3A/4A Varsity Girls 3200m  
11:30 a.m. ó 2A/3A/4A JV Girls 3200m  
11:50 a.m. ó 2A /3A/4A Varsity Boys 5K  
12:20 p.m. ó 2A/3A/4A JV Boys 5K  
12:50 p.m. - Middle School Coaches Meeting  
1:00 p.m. - 7<sup>th</sup> Grade Girls 2400m  
1:20 p.m. ó 8<sup>th</sup> Grade Girls 2400m  
1:40 p.m. ó 7<sup>th</sup> Grade Boys 3200m  
2:00 p.m. ó 8<sup>th</sup> Grade Boys 3200m

**LOCATION:** The XC course is located behind the Carl Albert Middle School next to the high school football stadium. The MS address is 2515 S. Post Rd. Mid-West City, Ok  
Restrooms and concessions stand will be available.

**ENTRY FEES:** \$60.00 per each High School team entered (girls and boys are separate entry fees).

- - - J.V. team fees are included with each varsity team entered.

\$50.00 per each Middle School team entered. \$10.00 per individual (teams with less than 5 runners).

Send entry fees to: Carl Albert Athletics  
ATTN: XC  
2009 S. Post Rd.  
Mid-West City, Oklahoma 73130

Make check out to Carl Albert Athletics-XC

**AWARDS:** Individual (Varsity and J.V.) medals for top 20 places in each race. Team Championship plaques for each Varsity race and Middle School race.

**Contact Information:**

Bill Case  
Carl Albert Cross Country  
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