

Carl Albert TITAN
Cross Country Invitational
Friday – September 2nd, 2016
Carl Albert High School

All team entries must be completed on-line: 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

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, August 31, 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. - 7th Grade Girls 2400m
1:20 p.m. ó 8th Grade Girls 2400m
1:40 p.m. ó 7th Grade Boys 3200m
2:00 p.m. ó 8th 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. Midwest 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.
Midwest 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.

Contact Information:

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Carl Albert Cross Country
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