

# METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

## ONLINE MEET REGISTRATION:

1. Entries are to be complete online using RUNENDUROUSA.COM Phone or faxed entries will not be accepted. If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website ([www.runendurousa.com](http://www.runendurousa.com)). After you set up your new account, you must **UPGRADE** your account to "**Coach of Record (school meets)**". The blue button to upgrade is in the upper-right hand corner of the Home Page. After you upgrade, click on "**My Roster List**" and continue.  
(1) Setup - - - then **UPGRADE** your Run ENDURO USA account so you can add your school and desired roster(s);  
(2) After you upgrade, click on "**My Roster List**" (left side of Home Page) to find your rosters and add students"  
(3) Add the meet to your schedule (Main Roster window) and enter your students.

*Deadline for entering is: **Friday, October 7<sup>th</sup>***

Please email to confirm your entry: [proctorj@tahlequahschools.org](mailto:proctorj@tahlequahschools.org)

**DATE:** Tuesday October 11, 2016

**TIME:** Race packets will be available at 4:00 pm at the finish line. First race starts at 4:30 pm.

**LOCATION:** THS course. Located on campus west of the Middle School facility.

**FORMAT:** All High School Boys, All High School Girls  
*\*There will be no JV races, so unlimited entries for all races.* We will be scoring the top 7 athletes only.

**COURSE:** The course is in open fields and has rolling terrain. There will be restrooms.

**PARKING:** Bus parking will be in the softball/ baseball field parking along Moccasin Ave., near the start line or in the MS parking lot.

**RESULTS:** We will have computer timing and scoring at the finish line.

**AWARDS:** There will be 10 medals awarded in each HS race, and 10 medals awarded in each MS race. First place team awards in each division

## SCHEDULE:

4:00 Packet Pick-up

4:30 MS Girls 3200m

4:45 MS Boys 3200m

5:10 HS Girls 5000m

5:50 HS Boys 5000m

Awards Ceremony Following Posting of HS Boys Results

## CONTACT INFORMATION:

Elzy Miller

Girls Head Cross Country Coach

Cell: (918) 931-2789

School: (918) 458-4154

Anthony Amason

Boys Head Cross Country Coach

Cell: (918) 348-5627

School: (918) 458-4154

Email: [amasona@tahlequahschools.org](mailto:amasona@tahlequahschools.org)



# METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

MS Girls & Boys 3200 Course (1 black lap, 1 white lap, White Finish)  
HS Girls & Boys 5000 Course (2 Black Laps, White Finish)





# METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

