

Suburban Conference Cross Country Meet

Tuesday – October 11, 2016

Carl Albert High School

All team entries must be completed on-line: www.runendurousa.com

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 "Suburban Conference XC Meet" to your on-line schedule, then enter your athletes in the meet.(no exceptions)

- - - **DEADLINE** for all entries: Monday October 10 by 5:00 p.m.

3:45 ó Coaches meeting

4:00 ó J.V. Girls 5k

4:30 ó Varsity Girls 5k

5:00 ó J.V. Boys 5K

5:25 ó Varsity Boys 5K

5:50 ó JH Girls 2400 meters

6:10 - JH Boys 3200 meters

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.

AWARDS: Individual (Varsity and J.V.) medals for top 15 places in each race.

Contact Information:

Bill Case

Carl Albert

Cross Country Head Coach

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