

METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

ONLINE MEET REGISTRATION:

1. Entries are to be complete online using ENDUROUSA.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.endurousa.com). After you set up your 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 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: Sunday, October 8th

Please email to confirm your entry: amasona@tahlequahschools.org

DATE: Tuesday October 10, 2017

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

4:55 MS Boys 3200m

5:30 HS Girls 5000m

6:00 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

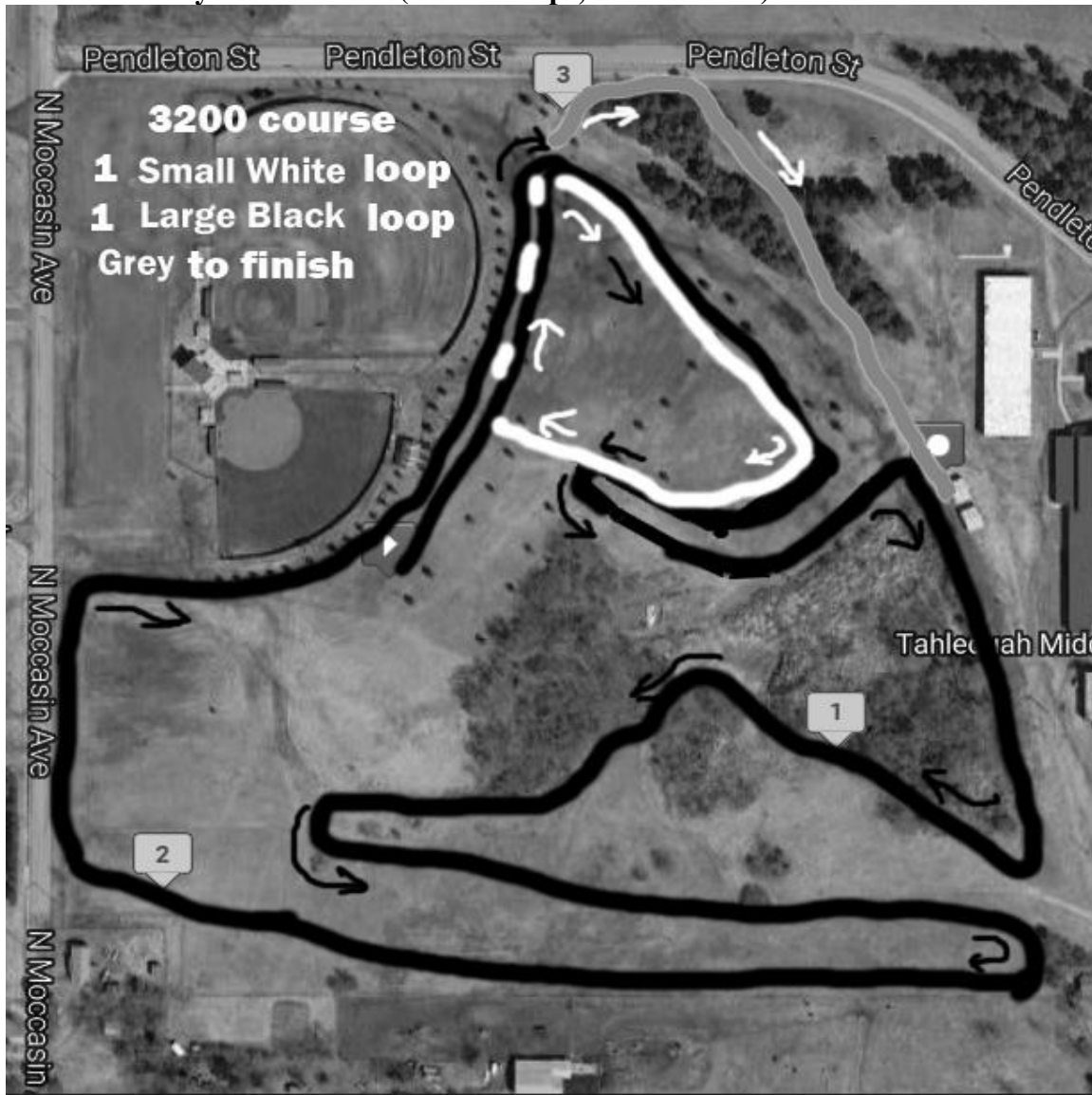
School: (918) 458-4154

Email: amasona@tahlequahschools.org



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



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