

**Carl Albert TITAN**  
**Cross Country Invitational**  
**Friday – August 31st, 2018**  
**Carl Albert High School**

Timing provided by ENDURO Timing. All team entries must be completed online at [www.endurousa.com](http://www.endurousa.com) . 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.

9:00 a.m. ó 5A/6A 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  
11:00 a.m. ó 2A/3A/4A Coaches Meeting  
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. Midwest City, Ok  
Restrooms and concessions stand will be available.

**ENTRY FEES:** \$70.00 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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