

Metro Lake Conference XC Meet

RSU-Pryor Campus

2155 HWY 69A, Pryor, Ok 74361

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.enduroussa.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 the following steps:

- a. Setup: then UPGRADE your ENDURO USA account so you can add your school and desired roster(s)
- b. After you upgrade, click on "My Roster List" (left side of Home Page) to find your rosters and add students
- c. Add the meet to your schedule (Main Roster window) and enter your students Deadline for entering is: 12:00 pm Monday, October 14th, 2019
- d. Please make sure you Verify your rosters or it will not enter you in the meet!

LOCATION: The RSU Pryor Campus is located 3 miles East of HWY 69 on HWY 69A. RSU is located on the South side of the road. Bus Parking will be on the North side of the campus.

FORMAT: All High School Boys and 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.

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

MEDALS: There will be 10 medals awarded in each HS race, and each JrH race.

TIME: Race packets will be available at 3:00 pm at the check-in table inside RSU-Pryor on the south end.

4:00pm HS Girls 5k

4:30pm HS Boys 5k

5:00pm JrH Girls 2 mile

5:30pm JrH Boys 2 mile

*We will run on a rolling schedule as the times are est.

AWARDS: First place team awards ceremony in each division will be held following the posting of the Jr High Boys results.

There will be restrooms inside RSU on the South End ONLY!!!

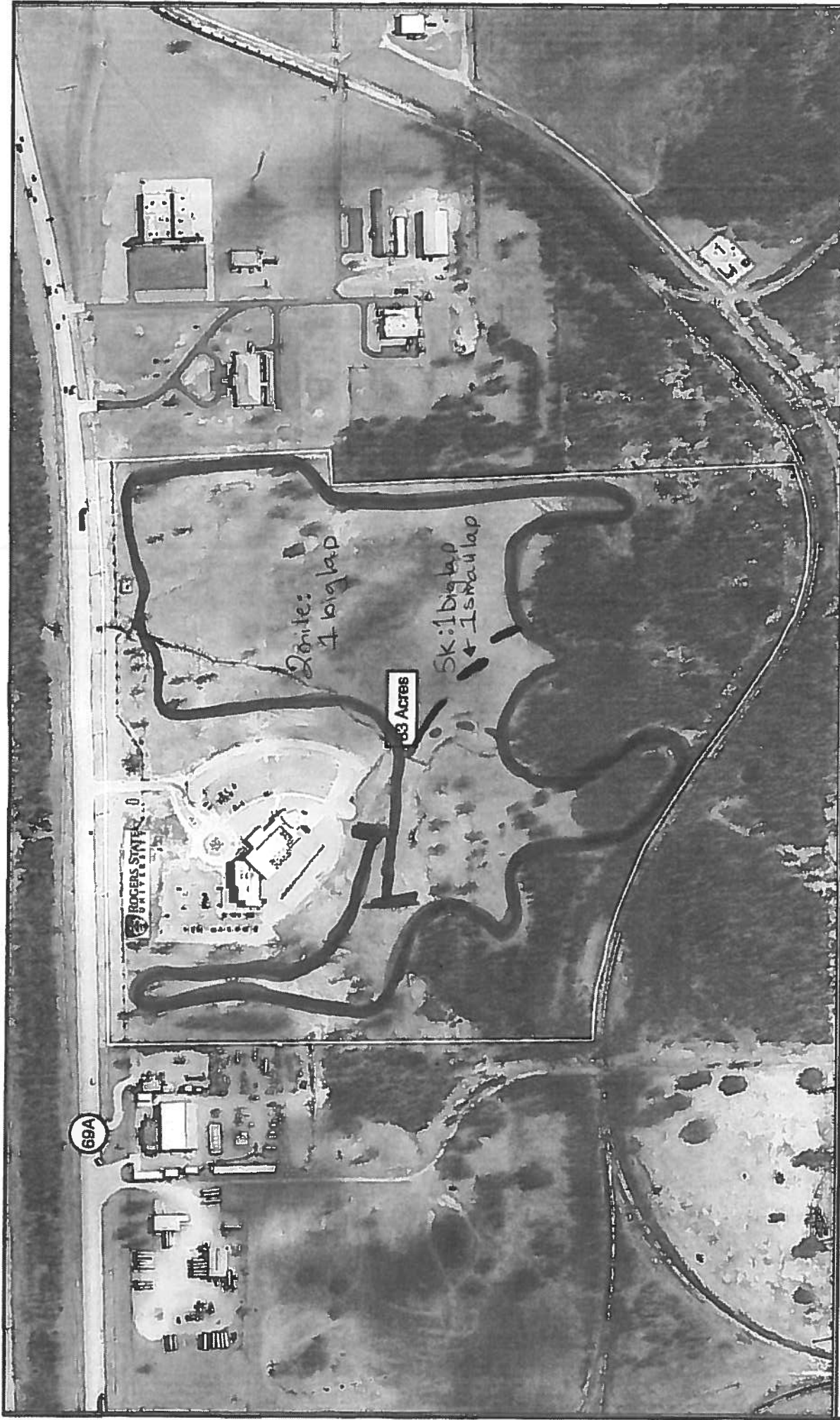
*Buses will drop off in south parking lot and **park** on the North side Lot of Campus.

*Spectator parking will be on the Southeast side of the Campus parking lot.

Contact Info:

Melissa Harlow-Head Coach
918.825.2340

harlowm@pryorschools.org



Rogers State University
Leased Property

MidAmerica
INDUSTRIAL PARK