

All-CITY ATHLETIC CONFERENCE
CROSS COUNTRY MEET
October 1, 2020
(Conference Members Only)

The All-City Athletic Conference (ACAC) Cross Country Meet will be held October 1, 2020 at Woodson Park. There will be four (4) divisions (JV and Varsity Girls and Boys).

SCHEDULE OF EVENTS: HIGH SCHOOL

- 3:15PM - - - - - Coaches Meeting
- 3:30PM - - - - - JV Girls (3200 Meters)
- 3:45PM - - - - - Varsity Girls (3200 Meters)
- 4:00PM - - - - - Varsity Boys (5000 Meters)
- 4:20PM - - - - - JV Boys (5000 Meters)

Varsity events will consist of top seven (7) runners from each team, JV will have unlimited participation.

TEAM AND INDIVIDUAL AWARDS:

- Team Awards: 1st place and runner-up - Varsity only
- Medals: Top 20 varsity and top 10 JV

COVID 19 PROCOTOL

1. Everyone is required to wear mask and social distance at all time.
2. Athletes will be expected to have their mask on when they come to the start line. They can remove their mask just before their race start.
3. One coach from each team may come to the starting line with the runners.
4. No fans, and only one coach can be near the starting or finish line.
5. At the starting line we will Social distance by teams. There will be team boxes at the starting line.

ONLINE ENTRIES: All team entries must be completed online at www.endurosa.com by Tuesday, September 29th . If you need assistance with your ENDURO USA account, please contact Kevin McWatters at kevin@runenduro.com or 405-641-6006.

If you have any questions please contact Coach Thompson:
School: 587-9630, Cell Phone: 405-514-7416
E-mail: clthompson1@okcps.org