

All-CITY ATHLETIC CONFERENCE
CROSS COUNTRY MEET
AUGUST 14, 2021
(ACAC Conference Members Only)

The All-City Athletic Conference (ACAC) Cross Country Meet will be held August 14, 2021 at Woodson Park. There will be four (4) divisions (JV and Varsity Girls and Boys).

SCHEDULE OF EVENTS: HIGH SCHOOL

- 8:30AM - - - - - Coaches Meeting
- 8:45AM - - - - - JV Girls (3200 Meters)
- 9:15AM- - - - - JV Boys (5000Meters)
- 9:45AM - - - - - Varsity Girls (3200 Meters)
- 10:20AM - - - - - Varsity 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 (Varsity only) 1st place and runner-up Banners
- Medals: Top 15 Varsity Runners will receive Medals

ONLINE ENTRIES:

Registration: DEADLINE is Friday, August 13th, 5:00 PM
Entries after the deadline will NOT be allowed. - - - NO EXCEPTIONS

Entry Procedure: All entries must be completed online at: www.endurousa.com
If you do not already have an account, you will need to visit "ENDURO USA" - - -
(www.endurousa.com). After you set up your account, email Kevin McWatters
(kevin@runenduro.com). In your email, list your school, the roster(s) you need (boys
and/or girls), and the name of the previous coach. Please do not wait until the last minute to
contact Kevin.

If you have any questions please contact:

Coach Moon:

- School: 405-587-5400, Cell Phone: 405-606-1313
- E-mail cmoon@okcps.org

Coach Thompson

- School: 587-9630, Cell Phone: 405-514-7416
- E-mail: clthompson1@okcps.org