

METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Tuesday October 12th, 2021 – Tahlequah High School

Registration: DEADLINE is Monday, October 11th, 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.

Please email to confirm your entry: spearsdm@tahlequahschools.org or millere@tahlequahschools.org

TIME: Race packets will be available at 4:00 pm at the finish line. First race starts at 4:30 pm.

LOCATION: Tahlequah HS 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. No bus parking on grass across from course.

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 will be given at the end of the chute. Plaques will be awarded at the conclusion
of the scoring all at one time.

CONTACT INFORMATION:

Elzy Miller
Girls Head Cross Country Coach
Cell: (918) 931-2789
School: (918) 458-4154

David Spears
Boys Head Cross Country Coach
Cell: (918) 453-1404
School: (918) 458-4154



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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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