



ACAC MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIP  
SATURDAY OCTOBER 1<sup>ST</sup>, 2022 at WEBSTER MIDDLE SCHOOL  
(ACAC CONFERENCE MEMBERS ONLY)

Coaches meeting starts @ 8:30 am    RUNNING BEGINS @ 9:00 am

**All entries will be entered ONLINE @ [www.endurousa.com](http://www.endurousa.com) ATTENTION COACHES:** The on-line entry **DEADLINE** is Saturday Sept. 30<sup>th</sup> @ 5:00 pm.

**All entries will be CLOSED at 5pm! --- NO LATE ENTRIES ALLOWED ---** schools must submit entries by completing **ALL of the STEPS** on our meet's "Entries Window" – **INCLUDING the Verification Step.** **If your team does not complete ALL of the online entry steps, it means your athletes ARE NOT ENTERED. Note: Your Team will not be entered manually at the meet! NO EXCEPTIONS!** If you need assistance with your ENDUROUSA account, email Cara at: [cara@runenduro.com](mailto:cara@runenduro.com)

**PREVIEW WINDOW:** Before you leave to come to Webster, view our meet's PREVIEW window for any last-minute information that can affect the meet. To find our meet's PREVIEW window, login and then click on our meet in the "Student Meets & Events List. (On the Right)

**Order of Events:**

8:30 Coaches meeting at the finish line

9:00 am MS JV Girls – 2400 meters (unlimited)

9:30 am MS JV Boys – 3200 meters (unlimited)

10:00 am MS Varsity Girls -- 2400 meters (7 runners only)

10:30 am MS Varsity Boys – 3200 meters (7 runners only)

**INFO:**

Team awards will be presented after the completion of the boy's varsity race. Individual awards will be handed out at finishline.

Coaches and non-competing athletes are not allowed to run with athletes who are in a race.

Admission will be collected at the entry parking lot as you drive or walk in. The fan gate will open at 8:15am.

Tickets are \$5 for everyone school age and above. District badges will be honored.

A full concession will be available. Please make sure your campsite is clean before leaving Webster.

Questions? Kim Mitchell 405 824-747 [kdmitchell@okcps.org](mailto:kdmitchell@okcps.org) or Cindy Nordyke 405 248-6639 [canordyke@okcps.org](mailto:canordyke@okcps.org)

