



**ALL-CITY ATHLETIC CONFERENCE CROSS COUNTRY CHAMPIONSHIP
AUGUST 13, 2022**

(ACAC Conference Members Only)

The All-City Athletic Conference (ACAC) Cross Country Championship Meet will be held August 13, 2022 at Woodson Park. There will be four (4) divisions (JV and Varsity Girls and Boys).

SCHEDULE OF EVENTS:

8:00AM - - - - - Coaches Meeting

8:30AM - - - - - Varsity Girls (3200m)

9:00AM - - - - - Varsity Boys (5000m)

9:45AM - - - - - Combined Junior Varsity (Boys 5000m, Girls 3200m)

10:20AM - - - - - Awards Ceremony

Varsity events will consist of the 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 12th, 5:00 PM
- NO EXCEPTIONS.

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website:
www.endurousa.com. - - - **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** - - - **ONLINE ENTRIES DEADLINE:** the day before the meet @ 5:00pm. Complete ALL of the steps on the "Entries Window". Make sure to "VERIFY". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to:
cara@runenduro.com.

If you have any questions please contact:

Coach Moon (Classen SAS Head Coach)

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

ACAC Championship Men's 5000m Course



The Men's 5k Race will be two laps on the green course above. On the second lap, runners will follow the dotted line to the finish. Teams may set up their tents directly northwest of the drop off lot.

ACAC Championship Women's 3200m Course



The Women's 3200m Race will be two laps on the purple course above. On the second lap, runners will follow the dotted line to the finish. Teams may set up their tents directly northwest of the drop off lot.