



Titan Invitational
Carl Albert High School
Friday September 2, 2022



We will be running a Varsity Race (7) runners, a JV Race, and then an Elite Race. The Elite Race is not limited to 5A/6A Classifications. We have changed the time of this race so all classifications can participate. Our goal is to have the best runners in any class competing in the Elite Race. Our Middle School and Elementary Meet will be held on Thursday September 1st.

Timing provided by ENDURO Timing. All team entries must be completed online at www.endurousoa.com . If you do not already have an on-line entry account, you will need to visit the "ENDURO" website (www.endurousoa.com). After you set up your account, you must UPGRADE your account to "Coach of Record (school meets)". The blue button to upgrade is in the upper-right hand corner of the Home Page. After you upgrade, click on "My Roster List" and continue.

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website:

www.endurousoa.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.

9:30 a.m. – 5A/6A Coaches meeting
9:45 a.m. – 5A/6A Varsity Girls 5K
10:15 a.m. 5A/6A Junior Varsity Girls
10:45a.m. – 5A/6A Varsity Boys 5K
11:15am - 5A/6A Junior Varsity Boys
11:45am. – Elite Girls 5K
12:15pm. - Elite Boys 5K
1:00pm - 2A/3A/4A Coaches Meeting
1:15p.m. – 2A/3A/4A Varsity Girls 3200m
1:45p.m. –2A/3A/4A JV Girls 3200m
2:15 p.m. – 2A /3A/4A Varsity Boys 5K
2:45 p.m. – 2A/3A/4A JV Boys 5K

LOCATION: The XC course is located behind the Carl Albert Middle School next to the high school football stadium. The MS address is 2515 S. Post Rd. Midwest City, Ok. Restrooms and concessions stand will be available.

ENTRY FEES: \$75.00 per each High School team entered (girls and boys are separate entry fees).
\$100 if running all 3 divisions per gender. \$200 max if running both genders in all 3 races.

Make check out to Carl Albert Cross Country

2009 S. Post Rd.

Midwest City, Oklahoma 73130

AWARDS: Individual (Elite, Varsity and J.V.) medals for top 20 places in each race.

Contact Information:

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Carl Albert Cross Country

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