

ANNOUNCING THE 24TH ANNUAL
EAST CENTRAL UNIVERSITY
“TIGER CHASE”
CROSS COUNTRY INVITATIONAL
THURSDAY, SEPTEMBER 8, 2022

Race Schedule: Jr. HS Girls (1.5 Mi) 4:15 p.m. Jr HS Boys (2 mi) 4:35 p.m.
HS Girls (2 Mi) 5:00 p.m. HS Boys (5K) 5:30 p.m.

Course: Pontotoc Technology Center
Viewer friendly - challenging - located on Richardson Loop Bypass on the South Side of Ada (Hwy 3W). Going towards Stonewall, take the Oak Ave. Exit and turn left on 32nd St. Going towards Latta, take the Kerr Lab Rd. Exit and turn right on 32nd St.

Entry Fees: \$130.00 per team, \$26.00 per individual. Separate entry fee for Men's/Women's Teams.
Make checks payable to ECU Cross Country.

Entry Procedure: **ON-LINE ENTRIES:** Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. - - - **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** - - - 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

On-line Entry Deadline: - - - Wednesday - September 7, 2022 - - - at 5:00pm

Entries after the deadline will NOT be allowed. - - -

NO EXCEPTIONS

When you log into your ENDURO USA™ account, our meet will be listed on your "Main Roster" window (boys/girls) - on the right side of the window.
(You may have to scroll down to see the "Available Meets" section.)

Scoring: Seven (7) runners may be used with five (5) to score and the other two (2) will be used as pushers. Others may run, but will not count in scoring. You do not have to designate your top seven (7) runners, however **ALL** potential runners **MUST** be entered on-line. Runners not entered on-line cannot be on the start line, and cannot run in a race at the meet.

Awards: Individual tee shirt awards will go to the top 15 in each junior high race and each high school race. Team champion tee shirts will go to the top team in each junior high race and each high school race (teams are limited to a max of 20 shirts). Sizes for individual and team champion tee shirt awards will almost entirely be smalls and mediums. Very few Larges and XL's will be available.

Results: All results will be handled through ENDURO Timing™. Results will be posted on ohstrack.com and the ENDURO USA™ website. www.endurousa.com To find the results on the ENDURO USA website, click on the "**ENDURO Results**" button on the Home Page.

Urgent Please Read: Restrooms are available at the Start/Finish area. Coaches may want to take their team to a gas station before they arrive as there are only 6 port-a-potties available to use on site. No indoor restrooms will be

available this year. There is a gas station less than one mile west of the course on 33rd street. It is at the corner of 33rd street and HWY 1 called Latta Travel Center. Address is 16100 OK-1, Ada, OK 74820

Meet Director: Steven Sawyer, 580-559-5386, ssawyer@ecok.edu