

METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

ONLINE MEET REGISTRATION:

1. Entries are to be complete online using ENDUROUSA.COM, Phone or faxed entries will not be accepted. If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website (www.endurousa.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.
(1) Setup - - - then UPGRADE your ENDURO USA account so you can add your school and desired roster(s);
(2) After you upgrade, click on "My Roster List" (left side of Home Page) to find your rosters and add students"
(3) Add the meet to your schedule (Main Roster window) and enter your students.

Deadline for entering is: Sunday, October 9th

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

DATE: Tuesday October 11, 2022

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

LOCATION: THS 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.

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



METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

4:30 MS Girls 3200m

4:55 MS Boys 3200m

5:30 HS Girls 5000m

6:00 HS Boys 5000m

Awards Ceremony Following Posting of HS Boys Results

CONTACT INFORMATION:

Elzy Miller

David

Spears

Girls Head Cross Country Coach

Boys Head Cross Country

Coach

Cell: (918) 931-2789

Cell: (918)

453-1404

School: (918) 458-4154

School:

(918) 458-4154

Email: spearsdm@tahlequahschools.org



METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

MS Girls & Boys 3200 Course (1 white lap, 1 black lap, Grey Finish)

HS Girls & Boys 5000 Course (2 Black Laps, White Finish)



METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

