

# Suburban Conference Cross Country Meet

Tuesday – October 11, 2022

Carl Albert High school

Timing provided by ENDURO Timing. All team entries must be completed online at [www.endurousa.com](http://www.endurousa.com). If you do not already have an on-line entry account, you will need to visit the new "ENDURO" website ([www.endurousa.com](http://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.

3:45 – Coaches meeting  
4:00 – J.V. Girls 5k  
4:30 – Varsity Girls 5k  
5:00 – J.V. Boys 5K  
5:25 – Varsity Boys 5K  
5:50 – JH Girls 3200 meters  
6:10 – JH Boys 3200 meters

**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. Mid-West City, Ok. Restrooms and concessions stand will be available.

**AWARDS:** Individual (Varsity and J.V.) medals for top 15 places in each race.

## Contact Information:

Bill Case  
Carl Albert  
Cross Country Head Coach  
Cell (405)535-5703  
School (405) 739-1726 ext.4031  
[wcase@mid-del.net](mailto:wcase@mid-del.net)