

# TAHLEQUAH "EARLY TIGER" CROSS COUNTRY INVITATIONAL

## 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](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.

**Deadline for entering is: Friday, August 19th**

Please email to confirm your entry: [spearsdm@tahlequahschools.org](mailto:spearsdm@tahlequahschools.org)

## DATE: Tuesday, August 23 rd., 2022

**TIME:** Packet pickup will begin at 4:00 pm. First race starts at 4:30 pm.

**LOCATION:** THS XC course. Located on campus just west of the MS facility near Baseball/Softball fields.

**DIVISIONS:** Varsity High School Boys, Varsity High School Girls, JV Boys, JV Girls & MS Boys (8<sup>th</sup> grade and under only), MS Girls (8<sup>th</sup> grade and under only).

**ENTRY FEE:** High School Teams / \$50 per team (\$90 for both Boys & Girls).

Junior Varsity- Free with Varsity Entry-Unlimited entries

Middle School Teams (8<sup>th</sup> grade and under only) / \$35 per team (\$60 for both Boys & Girls).

Individual runners / \$10 each.

\*If entering 2 High School teams & 2 Middle School teams / \$130 Total.

**COURSE:** The course will be a rolling 2k loop. There will be indoor restrooms.

**RESULTS:** We will have computer timing and scoring at the finish line.

**AWARDS:** There will be 25 medals awarded in each HS race, 15 in JV race, and 10 medals awarded in MS.

## SCHEDULE:

	4:00 MS Packet		5:00 MS Boys
Pickup		2k	
	4:30 MS Girls 2k		5:00 HS Packet Pickup
			5:30 JV Girls 4k

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6:00 JV Boys 4k  
6:30 HS Girls 4k

7:00 HS Boys 4K

## CONTACT INFORMATION:

*Elzy Miller*

*Girls Head Cross Country Coach*

*Cell: (918) 931-2789*

*School: (918) 458-4154*

*Email: [millere@tahlequahschools.org](mailto:millere@tahlequahschools.org)*

*David Spears*

*Boys Head Cross Country Coach*

*Cell: (918) 453-1404*

*School: (918) 458-4154*

*Email: [spearsdm@tahlequahschools.org](mailto:spearsdm@tahlequahschools.org)*

*Fax: 453-1307*

*PAYMENT: You can have checks made out to Tahlequah Athletics and mail payment or bring check the day of the race. Mailing Address Tahlequah Athletics*

*591 Pendleton*

*Tahlequah, OK 74464*

*Trainer: A trainer will be available on the day of the race.*

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## Coaches Instructions

4:30	MS Girls 2k
4:50	MS Boys 2k
5:15	HS Girls JV 4k
5:45	HS Boys JV 4k
6:20	HS Girls Varsity 4k
6:50	HS Boys Varsity 4k

**This will be a rolling schedule, so races times are approximate. Races may start 5-10min earlier if the course is clear for next race.**

- All Athletes will be assigned a number. Your team packet includes pull tags with numbers assigned to each individual. Have athlete pin tag to jersey. If an athlete has been missed let the registration table know and we will issue the athlete a number.
- The start of the course is near the softball field, the first turn is about 200m into the race. The MS will run 1 lap (2.25k) while the HS will run 2 laps (4k).
- We ask all teams to pick up after themselves after the meet.