



Carl Albert State College / Poteau HS/MS 5th Annual Open XC Meet

Date: Friday, September 1st, 2023

Location: Carl Albert State College (close to baseball and softball fields)
1507 South McKenna St. Poteau, OK 74593

Schedule: Packet & Course maps available 7:15am @ check-in station

Race	Time	Distance
College Men	8:00am	8k
College Women	8:45 am	5k
HS Boys Varsity/JV	9:30 am	5k
HS Girls Varsity/JV	10:00 am	2 miles
MS Boys	10:30 am	2 miles
MS Girls	11:00 am	2 miles

Awards: Custom Medals – Top 20 runners HS and MS runners
College runners will have medals for top 3
Plaques will be awarded to first place team in each race

Scoring: All divisions will be unlimited runners but will score top 7 finishers.
Please enter athletes on directathletics.com JV and Varsity runners will run together. Top 7 will be scored for varsity only. No JV team scores will be given.

Fees: \$100 for College teams (if team is less than 5 runners \$20 per individual)
\$100 for HS/Varsity/JV teams (if team is less than 5 runners \$20 per individual)
\$100 for MS team (if team is less than 5 runners \$20 per individual)

Please make checks payable to Carl Albert State College Cross Country. If you are paying for individual runner and not teams you will have to pay for all the names you enter on Direct Athletics even if runners do not show up. If you sign up a team and they do not all come you will still have to pay for the team. This is what I get charged for by the timing company.

Entry: Please complete meet entries on directathletics.com. Email or call me if you have issues. Entry deadline will be Tuesday, August 29th @ 4:00pm.



Contact: Kristin Snyder CASC XC Coach
School: 918-647-1456
Cell: 918-775-0773
Email: kjsnyder@carlalbert.edu

How to access DirectAthletics:

STEP 1—Access your DirectAthletics Account Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. If you already have a DirectAthletics account for your Cross Country team, and know your username and password.... If you do NOT know your username and password.... 1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive) 1) Go to www.directathletics.com 2) Click on the link "New User? Click HERE". 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account. NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example: Sport: Track and Field Team: Trinity College School (M) This indicates that you are controlling the Trinity College School MEN'S team (M=MEN). To switch to your Women's team, you would select "Trinity College School (W)".

STEP 2—Edit/Set up Your Online Roster Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster. 1) Upon logging in, click the TEAM tab. 2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click "Import Track Roster" which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step. 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time). 4) Enter your athletes First Name, Last Name and School Year and click "Submit" 5) You may add, edit or delete athletes on your Team Roster at any time by click the TEAM tab.

STEP 3--Submit Your Roster/Entries Once your athletes are added to your roster, you must submit your roster to the meet. 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter. 2) Check off the box for each athlete you wish to enter. You can check the "All" box to select (or un-select) your entire roster. 3) When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries. 4) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link. 5) For entry confirmation, simply print the "View Entries" page or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.