

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 8th.

Please email to confirm your

entry: spearsdm@tahlequahschools.org or millere@tahlequahschools.org

DATE: Tuesday October 10th. 2021.

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. No bus parking on grass across from course.

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	
4:30 MS Girls	3200m
4:55 MS Boys	3200m
5:30 HS Girls	5000m
6:00 HS Boys	5000m

Awards will be given at the end of the chute. Plaques will be awarded at the conclusion of the scoring all at one time.

CONTACT INFORMATION:

Elzy Miller
Girls Head Cross Country Coach
Cell: (918) 931-2789
School: (918) 458-4154

David Spears
Boys Head Cross Country Coach
Cell: (918) 453-1404
School: (918) 458-4154

MS Girls & Boys 3200 Course (1 white lap, 1 black lap, Grey Finish)
HS Girls & Boys 5000 Course (2 Black Laps, White Finish)



