

Suburban Conference Cross Country Meet

Friday– October 6, 2023

Carl Albert High school

ON-LINE ENTRIES- Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. — NO ADDITIONAL ENTRIES AFTER THE DEADLINE. —ONLINE ENTRIES DEADLINE: (Insert the day before your meet) at noon. Complete ALL the steps on the “Entries Window”. Make sure to “VERIFY”. TEAMS WILL NOT BE ADDED AT THE MEET. If you need help with your ENDURO USA™ account, please email your questions to jhughes@elginps.net.

MEET TIMING & RESULTS- RFID Chip Timing for the meet is provided by 12:1 Running Timing Services. Live results are available at www.twelve1running.com.

9:30 – Coaches meeting

9:45 – J.V. Girls 5k

10:00 – Varsity Girls 5k

10:30 – J.V. Boys 5K

11:00 – Varsity Boys 5K

11:30 – JH Girls 3200 meters

12:00 - 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