

# 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: Tuesday, August 22 nd.**

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

## DATE: Thursday, August 24th, 2023

**TIME:** Packet pickup will begin at 8:30 am. First race starts at 9:00 am.

**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 double 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:

8:00	Packet Pickup	10:30	JV Boys 5k
9:00	HS Girls 5k	11:00	JH Girls 2K
9:30	HS Boys 5k	11:20	JH Boys 2k
10:00	JV Girls 5K		

## 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 Cross-country, and mail payment or bring check the day of the race. Mailing Address  
Tahlequah Athletics  
591 Pendleton  
Tahlequah, OK 74464

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## Coaches Instructions

9:00	HS Girls 5k
9:30	HS Boys 5k
10:00	JV Girls 5k
10:30	JV Boys 5k
11:00	MS Girls 2K
11:20	MS Boys 2K

**This will be a rolling schedule, so races times are approximates. 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.