## METRO-LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

## Tuesday October 12th, 2021 – Tahlequah High School

Registration: DEADLINE is Monday, October 11th, 5:00 PM

Entries after the deadline will NOT be allowed. - - - NO EXCEPTIONS

Entry Procedure: All entries must be completed online at: www.endurousa.com

If you do not already have an account, you will need to visit "ENDURO USA" - - 
(www.endurousa.com). After you set up your account, email Kevin McWatters

(kevin@runenduro.com). In your email, list your school, the roster(s) you need (boys and/or girls), and the name of the previous coach. Please do not wait until the last minute to contact Kevin.

Please email to confirm your entry: <a href="mailto:spearsdm@tahlequahschools.org">spearsdm@tahlequahschools.org</a> or millere@tahlequahschools.org

**TIME**: Race packets will be available at 4:00 pm at the finish line. First race starts at 4:30 pm.

**LOCATION**: Tahlequah HS 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 David Spears

Girls Head Cross Country Coach

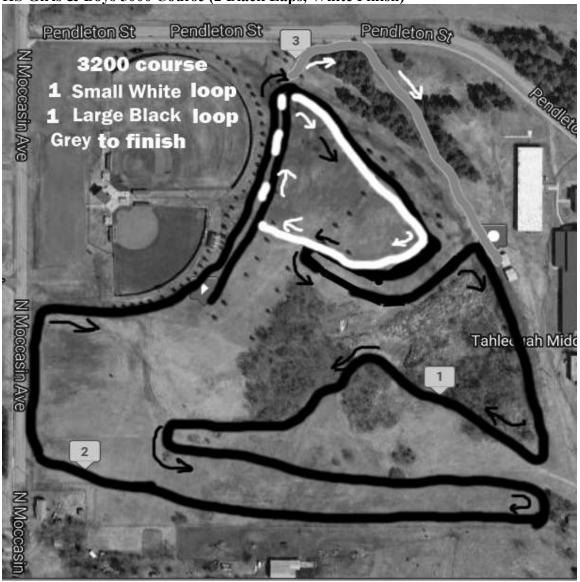
Boys Head Cross Country Coach

Cell: (918) 931-2789 Cell: (918) 453-1404 School: (918) 458-4154 School: (918) 458-4154



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





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