

# **Middle School Suburban Conference Cross Country Meet**

**Thursday– October 3, 2024**

**Carl Albert High school**

ON-LINE ENTRIES- Coaches must submit all entries on the ENDURO USA™ website: [www.endurousa.com](http://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](mailto: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](http://www.twelve1running.com).

4:00 – Coaches meeting

4:30 – JH Girls 3200 meters

5:00 - 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 medals for top 15 places in each race.

## **Contact Information:**

Bill Case

Carl Albert

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