

# 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 20 th.***

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

## DATE: Thursday, August 22<sup>nd</sup>, 2024

**TIME:** Packet pickup will begin at 7:30 am. First race starts at 8:30 am. *Rolling schedule.*

**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).  
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, and 10 medals awarded in MS.

## SCHEDULE:

7:30 Packet Pickup  
8:30 HS Girls 5k  
9:15 HS Boys 5k

9:40 JH Girls 2K

10:05 JH Boys 2k

## 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

# TAHLEQUAH "EARLY TIGER" CROSS COUNTRY INVITATIONAL

**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



## 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.

# **TAHLEQUAH “EARLY TIGER” CROSS COUNTRY INVITATIONAL**

- 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.