

# CENTRAL OKLAHOMA ATHLETIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

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**HIGH SCHOOL DIVISION - TUESDAY 10/13/15**

**Hosted By: SOUTHMOORE HIGH SCHOOL**

**Location: NORMAN @NHS Soccer Complex located directly behind Irving Middle School**

**Directions: From the North:** I-35 South merge left at the 1st Norman exit, US-77 S via exit 113 for about 3 miles. Turn left (East) on Robinson for 2.5 miles. Turn Right (South) on 24 Ave NE. Drive 1 mile to Alameda. Continue (South) on 24 Ave NE for ¼ mile. The NHS Soccer/Softball/XC parking lot is on the right. **From the South:** EAST Highway 9 exit off of I-35 (108A) and travel East for 3.5 miles until you come to 24th Avenue, take a left (North) for 2 miles. The NHS Soccer complex will be on your left (west side of 24th) where you will have plenty of room to park buses.

**On-line entries:** All entries will be done on-line at: [www.enduroentries.com](http://www.enduroentries.com)

**ENTRY DEADLINE: October 12<sup>th</sup> (Monday) @5:00pm** (10-12-15)

Teams and students must be entered on-line before the deadline through your **ENDURO Entries** account. Teams will not be added at the meet. Each Team will receive a packet with bibs for each runner. The bib must be worn on the front (chest area). Students will not be allowed to start/enter a race without his/her bib. If you need assistance with your ENDURO Entries account, please contact Kevin McWatters at the following email address: [kevin@endurousa.com](mailto:kevin@endurousa.com)

3:30 p.m. High School coaches meeting  
4:00 p.m. JV girls 5000 meters  
4:30 p.m. JV boys 5000 meters  
5:00 p.m. Varsity girls 5000 meters  
5:30 p.m. Varsity boys 5000 meters  
6:00 p.m. High School awards ceremony @ the finish line

## **AWARDS**

Top 20 runners in each race will receive medals in both Varsity and JV races.

## **FOR INFORMATION – CONTACT**

Shanon Atkinson 405-830-4496

[shanonatkinson@mooreschools.com](mailto:shanonatkinson@mooreschools.com)