

OKLAHOMA
BIG 10
CONFERENCE
2015 CROSS COUNTRY CHAMPIONSHIPS

Date: TUESDAY 10/13/15

Location: Woodson Park

Address: 3401 S May Avenue, Oklahoma City, OK, 73119

Rolling Schedule: We'll plan about 30min for each race but we'll start things early if we can.

3:30 p.m. Coaches Meeting @ Finish Line

4:00 p.m. Varsity girls 5k

Varsity boys 5k

JV girls 5k

JV boys 5K

Awards ceremony @ FINISH LINE

Register Email a list (word or excel) of all runners names to okrunneredmond@att.net . List all varsity and JV names, no need to differentiate, just list all names.

Deadline: Coaches you must email your runner's names by **Friday 10/9/15 @ 5PM**

AWARDS: **Top 10** varsity individuals will be All Conference, **NEXT 5** will be honorable mention.

Top 15 runners in each division will receive medals.

Varsity Team Champions: will receive plaques.

COURSE MAP: WILL BE AVAILABLE AT COACHES MEETING

CAMPS: TEAMS MAY CAMP ALONG THE PARK BUT NOT ON XC COURSE