

OKLAHOMA **BIG 10** CONFERENCE

2016 CROSS COUNTRY CHAMPIONSHIPS

Tuesday, October 11, 2016

The Big 10 Cross Country Championship will be held at Choctaw Creek Park, located on Harper Road between NE 10th Street and NE 23rd Street in Choctaw, OK.

Rolling Schedule: We'll plan about 30 minutes 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 TO REGISTER IS MON., OCTOBER 10 @ noon.**

DEADLINE: Coaches you must email your runners' names by Friday, 10/10/16 @ Noon.

AWARDS: **Top 10** Varsity individuals will be All Conference; **Next 5** will be Honorable Mention.

Top 15 runners in each Varsity division will receive medals. **Top 20** runners in each JV 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.

PARKING: spectators and busses may park in the parking lots close to the entrance off Harper. Please be aware that you do not park on the course.

DIRECTIONS: Across from this address: 1960 Harper Street, Choctaw, OK 73020

Good Luck!

Jay Reaves
Boys Cross Country Coach
Cell: 405-200-9982

Scott Oglesby
Girls Cross Country Coach
Cell: 405-245-2896