

**CENTRAL OKLAHOMA ATHLETIC CONFERENCE**  
**CROSS COUNTRY MEET**

**High School and Junior High Division – Tuesday 10/11/16**

**Hosted by: Stillwater High School and Stillwater Junior High**

**Location: Stillwater OSU Cross Country Course**

Four blocks North and one block west of Boone Pickens Stadium at Garfield and McElroy.

**Parking:** Buses must drop off teams at the course only. Drivers will park buses in parking lot located at McElroy and Washington (0.3 miles east of course).

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

**Entry Deadline: Monday, October 10<sup>th</sup> @ 5pm**

Teams and students must be entered on-line before the deadline. **TEAMS WILL NOT BE ADDED AT THE MEET.** Each runner will be given a number prior to the race start. *(JH - conference meet fee \$150)*

**Schedule:**

**Junior High**

12:30pm	JH Coaches Meeting
1:00pm	7 <sup>th</sup> Grade Girls (3200m)
1:30pm	7 <sup>th</sup> Grade Boys (3200m)
2:00pm	8 <sup>th</sup> Grade Girls (3200m)
2:30pm	8 <sup>th</sup> Grade Boys (3200m)
3:00pm	JH Awards

\*In order to stay on schedule, official timing will be stopped after 29 minutes. It will be the coaches' responsibility to keep any times after this point.\*

**High School**

3:00pm	HS Coaches Meeting
3:30pm	JV Girls (5000m)
4:00pm	JV Boys (5000m)
4:30pm	Varsity Girls (5000m)
5:00pm	Varsity Boys (5000m)
5:30pm	High School Awards Ceremony

**Awards**

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

**FOR INFORMATION – CONTACT**

**High School**

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**Junior High**

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