

Midwest City XC Rally

Location:

Soldier Creek Industrial Park (SCIP) Recreational Trail, 7100-7834 NE 23rd St, Oklahoma City, OK, 73141.

The SCIP Recreational Trail is located on the south side of NW 23rd Street between Air Depot Blvd. and N. Midwest Blvd. Plenty of bus and spectator parking will be available in the adjacent Soldier Creek Industrial Park.

Description:

We are proud to announce the first annual Midwest City XC Rally to be held September 9, 2017 at the SCIP Recreational Trails.

We will be contesting a 5k race for the Open, JV, and Varsity divisions, and a 2 mile race for the Jr. High divisions.

The start area is in a large and flat field in Soldier Creek Industrial Park. Athletes will run the first 1200 meters on a broad loop before entering the trail system. For the next 3000 meters the course narrows as its takes running on a winding, forested path. The final 800 meter brings racers back towards a long straightaway to the finish line, located in the field where the race began. See attached course map.

In addition to the Junior High, JV, and Varsity races for boys and girls, there will be an open division race for the general public. All Coaches run free.



Entries:

School Registration: Team rosters should be sent on an excel file to josmith@mid-del.net

Registration for the open division can be completed at <https://runsignup.com/Race/OK/OklahomaCity/MidwestCityCrossCountry5KRally>

****Updated Race Time and Schedule:**

Race day: September 9, 2017.

High School Coaches Meeting - 8:15 AM

Race Times:

Open Division (5k) — 8AM

Varsity Girls (5k) — 8:45

Varsity Boys (5k) — 9:15

JV Girls (5k) — 9:45

JV Boys (5k) — 10:15

Junior High Girls (3k) — 10:30

Junior High Boys (3k) — 11:00

Awards: Medals

Medals to the top-15 finishers in each division

Team trophies will be presented to top placing team in each division.

Entry Fees:

- Entry Fees: Registration cost per Girls and Boys team is \$60 each, \$120 for both. JV runs free with Varsity entry.
- Make Checks payable to: Midwest City High School Bomber Cross Country Booster Club
- Participation in the Open Division race is free with a suggested donation of \$25

Contact Us

For meet information email: josmith@MID-DEL.NET

