

NEW MEET

NEW COURSE

(OLD COACH)

Coach Martin and the CC Staff at North Rock Creek High School invite all OSSAA member 2A-3A schools to an INAUGURAL EVENT:

The 1st Annual

COUGAR CLASSIC

CROSS COUNTRY CHALLENGE

at the

North Rock Creek High School Campus

DATE and TIME: Sat. Sept. 21 – C.M. 8:30 a.m. – 1st Race (H.S. Girls) at 9:00 a.m.

LOCATION: From I-40 Exit 186 (Shawnee), 1.5 miles north on Harrison St./S.H. 18 to Garrett's Lake Rd. (Stoplight) [Coming from the north on 18, that's the 1st stoplight south of Aydelotte Baptist Church (about 2.5 miles.)] THEN, east on Garrett's Lake Rd. about 0.4 mile. Turn north onto the NRC Campus using the 2nd entrance, drive by the FB Field/Track (under construction) and turn left (west) to park buses alongside the curb north of the gym and new high school building. (Spectators and groups with smaller vehicles please park in the marked spaces east of the gym/m.s.) THEN navigate any available foot=path through or around the BB Field construction (approx. 100 yards north, past the big highline) to the CC Course.

DIVISIONS (6): 9:00 a.m. Varsity Girls (and JV) -2 miles; followed by Varsity Boys (and JV) -5K

Elementary (6th and below) Girls, Boys – 1 mile (will probably run together but WILL medal separately)

Middle School (8th and below) Girls, Boys – 1 mile (may run together)

ENTRY FEES: \$60/team or \$15/individual in the 4 H.S. and M.S. divisions [\$10/individual or \$60(max) in each of the 2 elementary divisions].

OR teams in all 6 divisions for the price of 5 (\$300 Total)

The top 15 individuals in each division will medal (PERHAPS more if justified by the numbers).

Team Champion and Runner-Up awards in M.S. and H.S. Divisions (no team scoring in elementary).

Unlimited # of entries in each division (no separate JV races).

Coaches will fill out runners' tags at the meet. (No pre-entry required).

The course is relatively flat with a few gentle slopes that are probably slightly less challenging than those at the GCTC state meet course.

The distances on the course have been TAPE MEASURED for a high degree of accuracy. Since this is a new meet on a new course, each individual winner will set a course and meet record.

If you have questions or PLAN TO ATTEND please call or text Coach Terry Martin at 405/567- 5563(c) or e-mail at tmartin@nrcps.org.