

Coach Martin and the CC Staff at North Rock Creek High School invite all OSSAA member 2A-3A-4A schools and ORES schools to:

The 2<sup>nd</sup> Annual

## COUGAR CLASSIC

### CROSS COUNTRY CHALLENGE

at the

North Rock Creek High School Campus

Sat. Oct. 10, 2020 – C.M. 8:30 a.m. – 1<sup>st</sup> race (H.S. Girls) at 9:00 a.m.

NRC Campus is at 42400 Garrett's Lake Road just north of Shawnee. 1 & ½ miles north of I-40 on SH 18 (Harrison St.), then east at the traffic light on Garrett's Lake road approximately 0.4 miles, then north onto the campus using the middle (2<sup>nd</sup>) paved entrance. Team and spectator parking is in the paved lot between the FB field and the gym. Walk north between the baseball and softball fields to find the CC Course. Team buses can also park facing west along the north curb of the east-west street just north of the gym. A few spectator spaces may be available in the small lot west of the gym and north of the high school. From that small lot walk NW to the corner of the pavement and then north up the dirt "road" to the CC Course.

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

Elementary (6<sup>th</sup> and below) Girls, Boys – 1 mile (will probably run together)

Middle School (8<sup>th</sup> and below) Girls 1 mile; M.S. Boys 2.5 K (1.55 mi.)

Varsity Meet and Course Records:

Girls 2 miles – 13:14.25 – Micah Chandler – Christian Heritage Academy – 2019

Boys 5K – 18:15.21 – Jose Garcia – Oklahoma Christian Academy - 2019

ENTRY FEES: \$60/team or \$15/individual in the 4 H.S. and M.S. divisions

\$10/individual (not to exceed \$60 for girls and \$60 for boys) in the elementary divisions.

OR \$300 MAX for entries in all 6 divisions.

All classes (4A, 3A, 2A) will compete together in each race for 30 medals per division (15 in elementary).

M.S. and H.S. races will be scored using finish line number cards and coaches "quick-score" sheets.

(We suggest that coaches bring a PRE-PRINTED roster for each division to write in finish numbers.)

Team Champion and Runner-Up awards in the M.S. and H.S. divisions. (No team scoring in elementary).

The course is relatively flat with a few gentle slopes. Distances have been TAPE MEASURED for a high degree of accuracy.

No pre-entry required . Just show up and compete. The pre-printed rosters (in anticipated order of finish, if possible) will be helpful for spelling accuracy but are NOT absolutely necessary. Blank scorecards will be provided for coaches to write in names and places at the conclusion of each race.

Even though all 3 classes will be combined in competition for individual and team awards at the meet, it is our INTENTION to later re-score the meet as if each class had run separately and report results to ohstrack.com in that manner.

Please be prepared to keep yourself, your teams and others safe by observing proper social distancing and PPE guidelines.

If you plan to attend/compete or have any questions call or text Coach Terry Martin at 405-567-5563.