

NO MEDALS - NO ENTRY FEES - NO REGISTRATION - NO SCORING

North Rock Creek will host a H.S. Only CC Meet on Wednesday, October 13 with only 2 races.

H.S. Girls will run 3200m at 10 a.m.followed by a 5K for H. S. Boys (or Girls).

(Coaches will PROBABLY have to time their own runners.)

It's really just an open invitation scrimmage but it IS SANCTIONED by OSSAA and we are calling it a meet to stay within the rules for those who might miss school (We're on fall break, that day) or if there are more than 4 teams competing. (NRC is counting it as a MEET on our schedule.)

If you plan to come or have questions call or text Coach Martin at (405) 567-5563(c).