



CCS Cross Country Invitational

Saturday, September 17, 2022



Location: Community Christian School Activity Center

5300 Interstate Dr, Norman OK 73072

Cross Country Course is south of the CCS Baseball Field (see map below)

Parking is in the paved CCS Activity Center parking lot north of the baseball field.

*Fields will be limited to 20 Small Schools (2A-4A) and 20 Large Schools (5A-6A). *If entries exceed course capacity, HS races will be divided into Small Schools and Large Schools.

Entry Fee: \$90 for High School teams - \$160 for both girls and boys team

\$60 for Junior High teams - \$100 for both girls and boys team

\$15 per individual (up to 4 individuals)

Mail or bring check payable to:

CCS (memo: XC Coach)

3002 Broce Dr

Norman, OK 73072

Contact: Email Coach Downing to confirm entry at ccsxctf@ccsroyals.com.

A list of runners must also be emailed by Thursday, September 15 @5pm.

Check-In: Bring a copy of your entries in exchange for team/coaches' packet and bib numbers.

Gate Fee: \$3 per spectator or \$5 per family

Awards: Medals to the top 20 in each race. Team Champion plaques will be awarded in JH & HS Varsity divisions. Results will be divided into Small Schools (2A-4A) and Large Schools (5A-6A).

Schedule: All races after the first race will be run on a rolling schedule.

8:00 COACHES' MEETING

8:15 JH GIRLS (7TH-8TH GRADE) 1.5 MILES

8:35 JH BOYS (7TH-8TH GRADE) 2 MILES

8:55 SMALL SCHOOL JV/VARSITY GIRLS 2 MILES

9:15 LARGE SCHOOL JV/VARSITY GIRLS 5K

9:15 JV/VARSITY BOYS 5K