



2023 XC MEET OF CHAMPIONS

Saturday, November 4, 2023

NORTH ROCK CREEK HIGH SCHOOL

Race Schedule

Check-In	9:30 am
Girls (5K)	10:30 am
Boys (5K)	11:00 am
Awards/ Group Photo	11:45 am

Oklahoma All-Star Team Qualifications

- Runners are only accepted with a nomination from OCCTCA member coaches and *must verify their intent to compete, no later than Tuesday, October 31.*
Athletes nominated by non-member coaches will NOT be accepted.
- Top 10 fastest, nominated and verified runners per classification will represent the Oklahoma All-Star Team. Based strictly on State Meet performances.
- The selected 50 athletes will compete for the Oklahoma All-Star Team (per gender). These athletes will receive a complimentary jersey for the meet. Athletes will be required to supply their own racing bottoms/shorts.
- Athletes should report to the registration area no later than 10am.
- Qualifiers for this year's team will be posted on Facebook at "Oklahoma Track & Field and Cross Country" and www.ohstrack.com. If you text, please include your name in the text.

PLEASE CONFIRM YOUR PARTICIPATION NO LATER THAN TUESDAY, OCTOBER 31ST.



[XC MOC Nomination Form](#)

After you have confirmed your athlete's participation - and after he/she has been accepted (by the Coach's Assoc.) - you must enter your athlete online through your ENDURO USA account (www.endurousa.com).

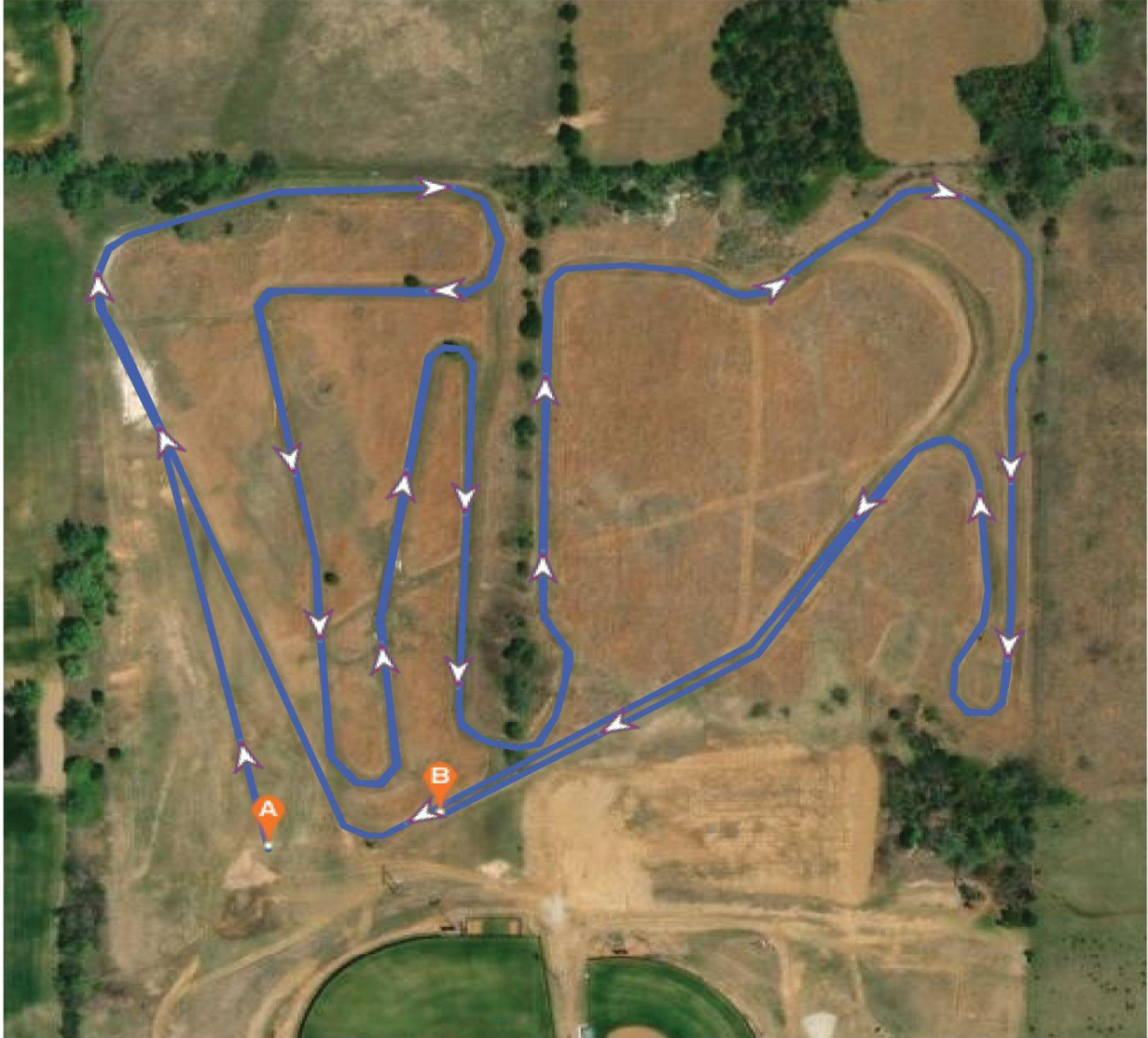
Oklahoma XC Meet of Champions Details

- Location:
North Rock Creek High School
42400 Garrett's Lake Road
Shawnee, OK 74804
- Awards to the top 25 per race.
- Team photo & Race photos will be taken & posted to our Facebook Page.
- Spectator Admission: \$5 gate fee per person, proceeds help cover expenses incurred by hosting this meet.
- Directions: (Shawnee) 1.5 miles north of I-40 on Harrison St./Highway 18. From Highway 18, turn East onto Garrett's Lake Road, continue approximately 1/4 mile; enter the NRC campus using the 2nd main entrance to the north (goes by the FB field).
- Parking is available in the big lot between the FB field and the gym.
- Enter gates at the north end of the parking lot at the athletic complex.
- Restrooms are available on the east side of the athletic complex (facing the track/FB field).
- The Cross Country course is located north and west between baseball and softball fields, just north of the big highlines.

Any questions regarding the Oklahoma XC Meet of Champions or the Arkansas-Oklahoma All-Star XC Meet may be directed to: Kendra Hoover and/ or Aaron Partridge.

MEET OF CHAMPIONS

North Rock Creek



5000m Course is 2 laps

Lap 1, runners will “exit” to the right running parallel to the finish stretch and rejoin the original 2500m loop.