OCU XC RELAYS 2023

FRIDAY, SEPTEMBER 9TH • ELDON LYON PARK IN BETHANY, OK

Schedule

Large School Boys (5K) - 8:30 AM
Large School Girls (5K) - 9:00 AM
Small School Boys (5K) - 9:45 AM
Small School Girls (3200m) - 10:15 AM
Large School Combined Relay - 10:45 AM
Small School Combined Relay - 11:30 AM

Registration Fees

$10 per athlete or $100 per team (10 runners) for the open races. Relay entries $25 per team. **Register by emailing Kyle McKinley at kwmckinley@okcu.edu with a list of your team's athletes by Wednesday, September 7th**. Make checks payable to OCU XC/Track.

Relay Format

Relays will be made up of 4-person teams, one team per gender per school. Each relay leg will run 2K, for a total race distance of 8K for all teams (boys and girls, small and large school). Relays will be separated into 5A/6A and A through 4A, boys and girls teams in each division will run together. Runners are only permitted to run one leg each.

Field Sizes

The open race is limited to 12 teams of 10 runners each. **Please notify us of your varsity team (top 7) by 4 PM on Thursday, September 8th**, so we can score your team, the remaining runners (up to 3) will be considered the JV squad. The relay race will also be limited to 12 teams.

Course Information

A final course map will be provided to teams the week of the meet, and maps will be included in race day packets. Below is an example of last year's courses for the collegiate meet we hosted; the high school meet will follow similar routes adjusted to accommodate the respective race distances.

Results

OK Runner will provide chip timing. Results will be published as soon as possible after the last event on OHSTrack.

Contact Info

For questions, including declaration of your top 7 runners, please email Coach Kyle McKinley at kwmckinley@okcu.edu.

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THIS MAP IS NOT FINAL - IT IS ONLY MEANT TO BE A GENERAL REFERENCE. A FINAL MAP WILL BE EMAILED TO TEAMS THE WEEK OF THE MEET. WE ANTCIPATE THE COURSE LAYOUT WILL BE VERY SIMILAR TO WHAT IS SHOWN HERE.