



# ***NRC HEARTLAND CHAMPIONSHIP CROSS COUNTRY MEET 2025 A-2A-3A-4A***

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**TUESDAY, OCTOBER 7  
NORTH ROCK CREEK HIGH SCHOOL  
42400 GARRETT'S LAKE ROAD | SHAWNEE, OK**

This meet is for OSSAA High School Teams **ONLY**.  
The Cross Country Course is located on the north half of the NRC High School Campus.  
The plan is for *all* teams and spectators to enter campus from Garrett's Lake Road.  
The *new* access road from Highway 18 will be for parking and one-way traffic **only**,  
heading west to **exit** campus.

## **ENTRY FEES:**

- \$80/Division for High School
- JV is included with Varsity- no separate races or entry fees
- \$15/Individual for High School runners with fewer than 5 per school

## **RACE DISTANCES:**

- High School Girls- 3200m
- High School Boys- 5K

## ***APPROXIMATE RACE SCHEDULE:***

**Due to school traffic around 3:00 PM, please do not arrive any earlier than 3:30 PM.**  
The coaches meeting will take place at 4:30 PM.

- 5:00 PM A-2A Girls
- 5:30 PM A-2A Boys
- 6:00 PM 3A-4A Girls
- 6:30 PM 3A-4A Boys

*If possible, races will start earlier than scheduled.*

**If planning to participate, please call or text Coach Terry Martin at (405) 567-5563.  
You will also use the same contact information for any questions or concerns, as  
often as needed.**



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## **ADDITIONAL NOTES:**

- 15 medals per division will be given
- Timing by Enduro
- Registration will be on [athletic.net](https://athletic.net)