



# ***NRC PRE-STATE CROSS COUNTRY MEET 2025 A-2A-3A-4A***

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**SATURDAY, SEPTEMBER 13  
NORTH ROCK CREEK HIGH SCHOOL  
42400 GARRETT'S LAKE ROAD | SHAWNEE, OK**

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
- \$60/Division for Middle School (8<sup>th</sup> Grade & Below)
- JV is included with Varsity- no separate races or entry fees
- \$15/Individual for High School & Middle School runners with fewer than 5 per school
- \$5/Individual for Elementary runners (*not to exceed* \$50/school)

## **RACE DISTANCES:**

- High School Girls- 3200m
- High School Boys- 5K
- Middle School (8<sup>th</sup> Grade & Below) Boys & Girls- 2400m
- Elementary (6<sup>th</sup> Grade & Below)- 1600m

## **APPROXIMATE RACE SCHEDULE:**

**Middle School races and Elementary race will start DURING High School races in progress.**

- 8:30 AM- 4A Girls
- 9:00 AM- 4A Boys
- 9:30 AM- 2A Girls
- 10:00 AM- 2A Boys
  - About 3 minutes later- Middle School Girls
- 10:30 AM- A Girls
  - About 3 minutes later- Middle School Boys
- 11:00 AM- A Boys
  - About 3 minutes later- Elementary Boys & Girls (Combined)
- 11:30 AM- 3A Girls
- 12:00 PM- 3A 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:**

- 1<sup>st</sup> race begins at 8:30 AM, with successive races starting promptly as earlier races conclude.
- All times given are approximate.
- Coaches meeting is at 8:00 AM- (NOT mandatory)
- High School races follow OSSAA state meet order, but not the OSSAA schedule.
- No awards ceremonies at this particular meet.
- One race for Middle School Girls & one race for Middle School Boys, and one race for Elementary (boys and girls combined)
- Elementary runners do not pre-register; all receive a ribbon.
- 15 medals per division for High School & Middle School races.
- Admission will be charged.
- ***All OSSAA 4A and below schools and all ORES school are invited.***

COACHES: All athletes (except elementary) must be entered into their appropriate races online at [athletic.net](https://athletic.net). The deadline is September 12th at noon! If you need assistance, please contact [cara@runenduro.com](mailto:cara@runenduro.com).