



NRC HEARTLAND CHAMPIONSHIP CROSS COUNTRY MEET 2026

**SATURDAY, SEPTEMBER 12
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 (8th 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*)

There will be 2 Divisions for High School Competition:

- 4A
- 3A and Below
 - 3A and Below schools may "run up" in 4A Division; Coaches need to enter that division when they make their entries.

RACE DISTANCES:

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

APPROXIMATE RACE SCHEDULE:

- 8:30 AM - 4A Girls
- 9:00 AM - 4A Boys
- 9:30 AM - 3A & Below Girls
- 10:00 AM - 3A & Below Boys
- 10:30 AM - 8th Grade & Below Girls
- 11:00 AM - 8th Grade & Below Boys
- 11:30 AM - Elementary (6th Grade & Below) Girls and Boys Combined

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:

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

ONLINE ENTRIES:

Coaches, submit all entries on athletic.net. Deadline is September 11th at noon. If you need assistance, contact cara@runenduro.com.