



TM

OSSAA STATE CROSS COUNTRY MEET A-2A-3A-4A



SATURDAY, OCTOBER 25
NORTH ROCK CREEK HIGH SCHOOL
42400 GARRETT'S LAKE ROAD | SHAWNEE, OK

On behalf of North Rock Creek Public Schools, we look forward to welcoming you to Shawnee.

PARKING:

All teams and spectators will enter campus from Garrett's Lake Road. The new access road from Highway 18 will be for bus parking and one-way traffic **only**, heading west to **exit** campus. Parking for spectators will be available in all campus lots. The primary parking area is located directly west of the football field, with overflow parking available in the High School lot at the southwest corner of campus.

AWARDS:

Awards will be presented on the football field. In the event of inclement weather, the ceremony will be relocated to the gymnasium.

TICKETS:

All tickets can be purchased on GoFan through OSSAA.

CONTACT INFORMATION:

Meet Director- Terry Martin - (405) 567-5563
Athletic Director- Evan Smith- (405) 609-7772



PURCHASE TICKETS HERE



NORTH



NORTH ROCK CREEK CROSS COUNTRY MAP



START

FINISH FOR ALL

TO FINISH

POLE

ALL

ALL

ALL

B

B

B

B

B

B

B

G

G

G

B

B

B

B

B

B

B

B

RED LINE:

G Course= 1600m/lap

**ALL runners start and finish along this line.
3200 is 2 laps on G Course. Use "Repeat Lane" on 1st lap.**

BLUE DOTTED LINE:

B Course= 2500m/lap

5K is 2 laps on B Course. Use "Repeat Lane" on 1st lap only.

YELLOW DOTTED LINE:

"Repeat Lane"

WHITE DOTTED LINE:

Path is for Middle School 2400

The following schedule will be used: COACHES meeting 30 minutes before each class.

START TIME

CLASS

8:00 a.m.	4A Coaches Meeting
8:30 a.m.	4A Girls 3200 Meters
9:00 a.m.	4A Boys 5K
9:45 a.m.	4A Awards Ceremony
10:00 a.m.	2A Coaches Meeting
10:30 a.m.	2A Girls 3200 Meters
11:00 a.m.	2A Boys 5K
11:45 a.m.	2A Awards Ceremony
12:00 p.m.	A Coaches Meeting
12:30 p.m.	A Girls 3200 Meters
1:00 p.m.	A Boys 5K
1:45 p.m.	A Awards Ceremony
2:00 p.m.	3A Coaches Meeting
2:30 p.m.	3A Girls 3200 Meters
3:00 p.m.	3A Boys 5K
3:45 p.m.	3A Awards Ceremony

NRC FACILITY GUIDELINES

We look forward to creating a safe, fun, and family-friendly environment at all NRC athletic events. To help us do that, please keep in mind the following:

HEALTHY AND SAFE ENVIRONMENT

State law and district policy prohibits alcohol, tobacco (including vapes/e-cigs), and other controlled substances on school grounds.

SUPERVISION OF CHILDREN

Children should enjoy the event respectfully. Please help us keep the environment safe by avoiding horseplay, throwing objects, or any other behavior that disrespects fans or the campus.

Elementary and Middle School students must be accompanied by a parent/guardian to enter and enjoy the event.

Thank you for helping us make NRC events safe, enjoyable, and welcoming for everyone.





NORTH ROCK CREEK PUBLIC SCHOOLS ATHLETIC EMERGENCY ACTION PLAN

FACILITY NAME AND LOCATION

Stan Beesley Field, NRC Softball/Baseball Field, NRC Gymnasium, Cross Country Course
42400 Garrett's Lake Road | Shawnee, OK 74804

EMERGENCY PHONE NUMBERS

Emergency: 911

Shawnee City Police: (405) 273-2121

Shawnee Fire/ First Responders: (405) 878-1671

NRC HIGH SCHOOL ADMINISTRATION CONTACT NAMES AND NUMBERS

Superintendent

- Blake Moody: (405) 630-9538

High School Principals:

- Chad Brooking: (405) 659-1167
- Justin MacDonald: (760) 550-5654

Middle School Principal

- Keaton Hernandez: (760) 835-6909

Athletic Director

- Evan Smith: (405) 609-7772

Assistant Athletic Director

- Jason Murray: (580) 747-4246

School Nurse

Lexi Hernandez: (405) 317-9361

HOSPITALS

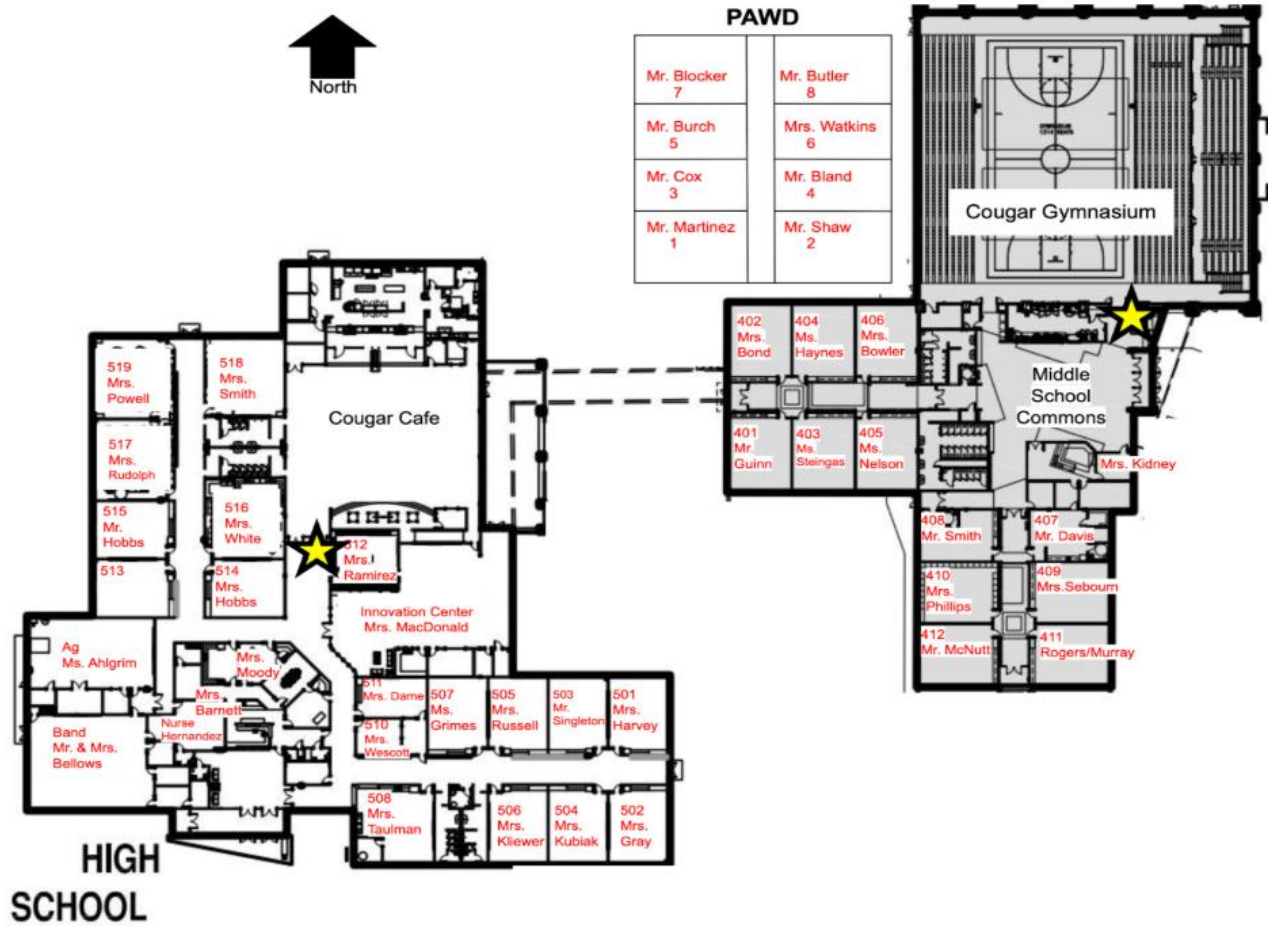
Treatment centers/hospitals will be dependent on the patient's parents/legal guardians.

SSM Health St. Anthony Hospital: 1102 W. MacArthur St. | Shawnee, OK 74804

Xpress Wellness Urgent Care: 12 E. MacArthur St. | Shawnee, OK 74804

NRC

AED LOCATIONS



NORTH ROCKY CREEK

Campus Map

Cross Country Course

Athletic Complex

Middle School

High School

FEMA Building

Intermediate School

Elementary School

Admin Building

Garrett's Lake Road



NORTH

