

2022 OAKMONT CROSS COUNTRY INVITATIONAL SPONSORED BY SAUCONY & FLEET FEET SPORTS

Saturday, August 27

Site: Maidu Park, Roseville, CA

Distance: 4,000 Meters (2.5 Miles)

Meet Schedule:

START TIME	DIVISION	NUMBER OF COMPETITORS
8:00 AM	Varsity Girls	Limited to 10 runners per team
8:30 AM	Varsity Boys	Limited to 10 runners per team
9:00 AM	Frosh/Soph Girls	Unlimited (Only top 7 effect scoring)
9:30 AM	Sophomore Boys	Unlimited (Only top 7 effect scoring)
10:00 AM	Freshman Boys	Unlimited (Only top 7 effect scoring)
10:30 AM	Junior Varsity Girls	Unlimited (Only top 7 effect scoring)
11:00 AM	Junior Varsity Boys	Unlimited (Only top 7 effect scoring)

To enter, sign up on www.athletic.net . Teams will be accepted on a first come first served basis while space remains.

Deadlines:

- Team Registration: August 15 (As space allows)
- To Register Athletes: August 22

Please email Oakmont Head Coach Ryan Nugent (rnugent@rjuhsd.us) with any questions.

Entry Fee: \$200.00/school (both Boys and Girls), \$150.00/school (only one gender), or \$12.00 per individual.

Check made payable to "Oakmont High School Cross Country"

Awards:

DIVISION	TEAM AWARDS	INDIVIDUAL MEDALS
Varsity	Medals to top 3 teams	Top 40 finishers
Frosh/Soph	Medals to top 2 teams	Top 20 finishers
Junior Varsity	Medals to top team	Top 20 finishers

The Course:

All divisions will run a 4K to provide coaches with a chance to watch all their athletes compete on the same course. It features a wide open grass starting area that doesn't narrow down for 200 meters. From there, a lead bike will guide athletes over dirt, asphalt and additional grass surfaces. The course overlaps itself at several spots providing spectators and coaches with the opportunity to see almost every step of the race unfold.