



29th Central Ozark Conference

Cross Country Championships



Date: Tuesday, October 17th, 2023

Location: Inman Intermediate School – Nixa MO (1300 N. Nicholas Rd)

Meet Director: Lance Brumley Head Cross Country Coach
School # 417-724-3656 Cell # 417-773-4186
Email: lancebrumley@nixaschools.net

Meet Schedule:

- 3:30 – Coaches Meeting (on the asphalt)
- 3:45 - COC Senior Recognition Ceremony
- 4:05 - National Anthem and Presentation of the Flag - NHS Choir and NHS JROTC
- 4:15 - JV Girls and Boys Race
- 5:00 –Varsity Girls Race
- 5:35 –Varsity Boys Race
- 6:15 – Awards Presentation (Varsity)

Awards:

- Varsity Girls and Boys
- Medal top 21
 - plaque 1st place team
- JV Girls and Boys
 - medal top 15
 - awarded in the chute
- COC Coach of the Year (Boys & Girls)

Course: [Nixa XC Course Map.pdf](#)

- YouTube video: <https://www.youtube.com/watch?v=B5ra4qfaBfM>
- Satellite: [COURSE MAP](#)

Starter: Mike Reece

Entry Fee: \$150 per school – Checks payable to: Brandon Clark-AD
Attn: COC XC Championships
Nixa High School
514 S. Nicholas Rd
Nixa, MO 65714

Entries: Entries are open now!

- Go to: [COC XC 2023](#)
- **Entries due by midnight Thursday, Oct 12th, 2023.**

Timing Services: Ozark Racing Systems

- ALL CHIPS MUST BE RETURNED – schools will be charged an \$800 fee and have to mow the course for 3 weeks for any chips not returned. Just kidding, but do turn in the chips at the conclusion of the race or you will be charged \$10 for missing race chips/bibs.

Parking:

- Please look at attached pictures for parking directions. School at Inman dismisses at 2:30 and there will be quite a bit of traffic there from 2:15 to 2:45 so plan your arrival accordingly.
- [Bus Drop Off-AFTER 245 \(800x600\).jpg](#)

BUS PARKING:

- As in the past we will be parking buses off-site. We will use the Union Hill Church of Christ parking lot. I will have a vehicle available to bring any coaches or bus drivers back to Inman if they want to.
- [Bus Parking.pdf](#)

T-shirts:

- \$10 for short sleeves, \$20 for long sleeves. All proceeds go to BCFO (Breast Cancer Foundation of the Ozarks)