

2023 Owatonna Girls Cross Country Info

1. **Captains' practices: August 1–August 11.** M–F 8:00 a.m.- 9:30. Meet at OLD HIGH SCHOOL TRACK

2. **1st day of official practice:** Monday August 14th. Meet at the OLD HIGH SCHOOL TRACK at 8:00 a.m.

3. 6th, 7th, and 8th graders will register for KIDS FIRST:

<https://oms.isd761.org/athletics/announcements>

4. 9-12 graders will register with the high school.

5. All runners MUST HAVE A CURRENT PHYSICAL on file to practice. Register for a free physical using this link. www.owatonnaactivities.com

6. **ALL runners 6-12 can start the 14th of August once registered.**

Coaches:

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Tasheena Cooke

Katie Randall