



The Great Cow Run
- The Higashi Roman Memorial Run -
September 2, 2023

Location

John Glenn High School
13520 Shoemaker Avenue
Norwalk, CA 90650

Open Race (Registration Required)

6:15am - Registration Begins

7:15am - Higashi Roman Memorial Run

7:45am – The Spotted Calf Sprint

TEAMS WITH INDIVIDUAL COMPETING IN THE OPEN RACE MAY PICK UP THEIR TEAM PACKETS BEGINNING AT 6:15AM. IF THE INDIVIDUAL WHO IS COMPETING DOES NOT HAVE THE PAYMENT FOR THE PACKET, THEY WILL ONLY BE ALLOWED TO PICK UP THEIR RACE BIB.

High School Invitational

7:00am – Team Registration Begins

8:00am - Boys Freshmen

8:30am - Girls Freshmen

9:00am - Boys Varsity

9:30am - Girls Varsity

10:00am - Boys Sophomore

10:30am - Girls Sophomore

11:00am - Boys Junior Varsity

11:30am - Girls Junior Varsity