



The Great Cow Run
- The Higashi Roman Memorial Run -
August 31, 2019

Final Race Schedule

Open Race (Registration Required)

6:15am - Registration Begins

7:15am - Higashi Roman Memorial Run

7:18am – 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

8:25am - Girls Freshmen

8:50am - Boys Varsity

9:15am - Girls Varsity

9:40am - Boys Sophomore

10:05am - Girls Sophomore

10:30am - Boys Junior Varsity

10:55am - Girls Junior Varsity