



The Great Cow Run
- The Higashi Roman Memorial Run -
September 3, 2022

Location

Artesia High School
12108 Del Amo Blvd.
Lakewood, CA 90715

Open Race (Registration Required)

6:15am - Registration Begins

7:15am - Higashi Roman Memorial Run

7:45am – The Spotted Calf Sprint

TEAMS WITH INDIVIDUALS 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 (Heat Schedule)

7:00am – Team Registration Begins

8:00am - Boys Freshmen

8:10am - Girls Freshmen

8:40am - Boys Varsity

9:05am - Girls Varsity

9:35am - Boys Sophomore

9:45am - Girls Sophomore

10:15am - Boys Junior Varsity

10:25am - Girls Junior Varsity