



The Great Cow Run
- The Higashi Roman Memorial Run -
August 30, 2025

HEAT ALTERNATE SCHEDULE (IF NECESSARY)

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 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

7:00am – Team Registration Begins

8:00am - Boys Freshmen

8:25am - Girls Frosh/Soph

8:55am - Boys Varsity

9:20am - Girls Varsity

9:50am - Boys Sophomore

10:15am - Girls Junior Varsity

10:45am - Boys Junior Varsity

*** In the case that the alternate heat schedule is used, we ask teams to put your novice sophomores in the frosh/soph race and your faster sophomores in the JV race. You may also run 14 in the varsity race if this schedule is used.**