



OSSAA CROSS COUNTRY 5A/6A EAST REGIONAL

DATE: Saturday, October 26th, 2024

PLACE: O'Brien Park
6149 N Lewis Ave,
Tulsa, OK 74130

STARTING TIMES:

8:30 6A Coaches Meeting at the finish line
9:00 6A Girls Varsity (5k)
9:45 6A Boys Varsity (5k)
10:30 5A Coaches Meeting at the finish line
11:00 5A Girls Varsity (5K)
11:45 5A Boys Varsity (5K)

ENTRIES: All team entries must be completed online at

<https://ok.milesplit.com/calendar>

Regionals - Opens Friday, October 18th @ 5:00 PM. Closes Wednesday, October 23rd @ 11:59 PM.

Please email your questions to: josh@crossroadstiming.com **ALL athletes will receive a shoe chip in the packet. At the conclusion of the meet, coaches are responsible for collecting all chips from their athletes and returning them to the timing area in the same bag that they were provided. There will be a \$15 fee for each chip that is not returned.**

MEET RULES: Teams may run only 7 or less runners in the race. Each runner should be wearing a matching uniform (singlet and shorts) if they are on a team of 5-7 runners. Uniforms must be school issued. Undergarments do not have to match. Runners must run within the marked lines of the course.

All NFHS uniform and code of conduct rules will be enforced at the meet.

RESTROOMS AND DRESSING: Portable bathrooms and Park bathrooms available.

WATER: Water bottles will be provided for each runner at the finish line.

EMERGENCIES: School trainers will be onsite in case of emergencies.

PACKET PICK UP: Coaches, please pick up packets at the finish line after arriving at the meet.

BOX ASSIGNMENTS: We will have box assignments for the Regional meet. This will hopefully alleviate the stress of having to hold a spot on the line and will help give everyone a fair start. Box assignments are listed on the final page below.

ACADEMIC ACHIEVEMENT AWARD APPLICATION:

The Academic Achievement Award application must be postmarked or faxed no later than October 28th for classes 5A-6A.

https://docs.google.com/forms/d/e/1FAIpQLSfFT_Fk6i3I0xM4knv6rC-BwW-n5aGFcqlfHw9stYccrtaW_A/viewform

STATE ENTRIES: If your team qualifies for state, you are able to change your rosters (if needed) after regionals.

COST: Cost for Regionals is \$10 cash for spectators (**per person**) at the gate or \$8 plus a \$1.35 fee, if paid digitally through GoFan. There will be a pay table set up at the parking lot entrance. Playoff passes will be accepted. Please encourage your spectators to pre-pay to speed up the line.

CONCESSIONS: There will be concessions on site. Cash only.

2024 CROSS COUNTRY STATE TOURNAMENT PROGRAMS:

The 2024 State tournament program information should include a 300 dpi picture and a roster of your team or individual qualifier. Please email that to programs@vype.com There is no charge to be included in the program. Please submit your program picture upon qualification.

If you have any questions please call or email Coach Collins

918-698-9481 blake.collins@owassops.org

SPECTATOR PARKING: Park entrance for spectators will be off 66th st. North. We will have one way traffic to ease traffic jams. Spectators will exit off of Birmingham Ave to 61st on the south side of the park.

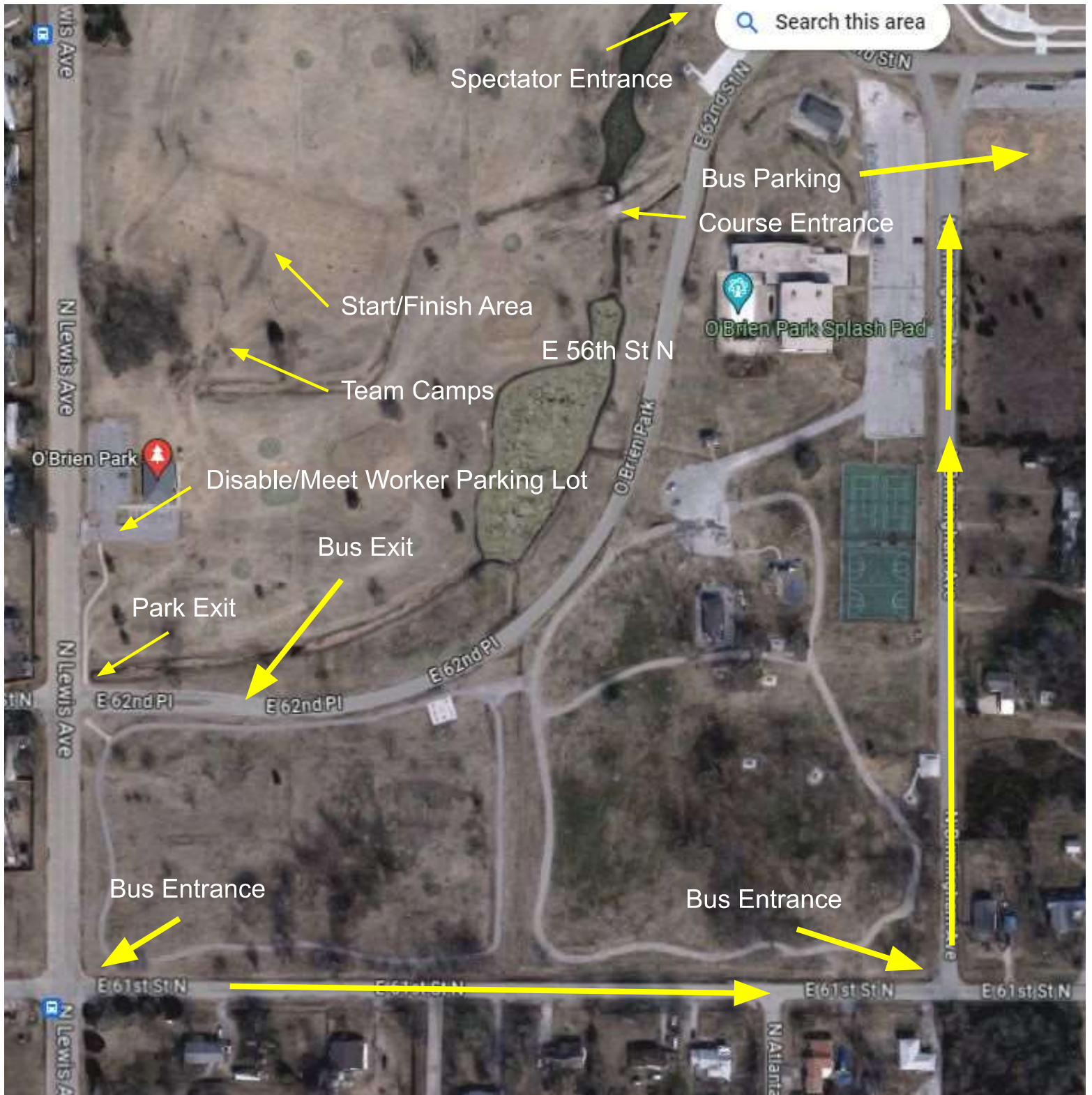
Tickets will be taken at the park entrance. Spectator parking will be in the parking lot south of the baseball fields and football fields on the east side of the park. Disabled parking will be in the parking lot closest to the start/finish area at the clubhouse building. The clubhouse lot will be closed to anyone but disabled spectators and meet workers. No coaches will be allowed to park in the clubhouse parking lot.

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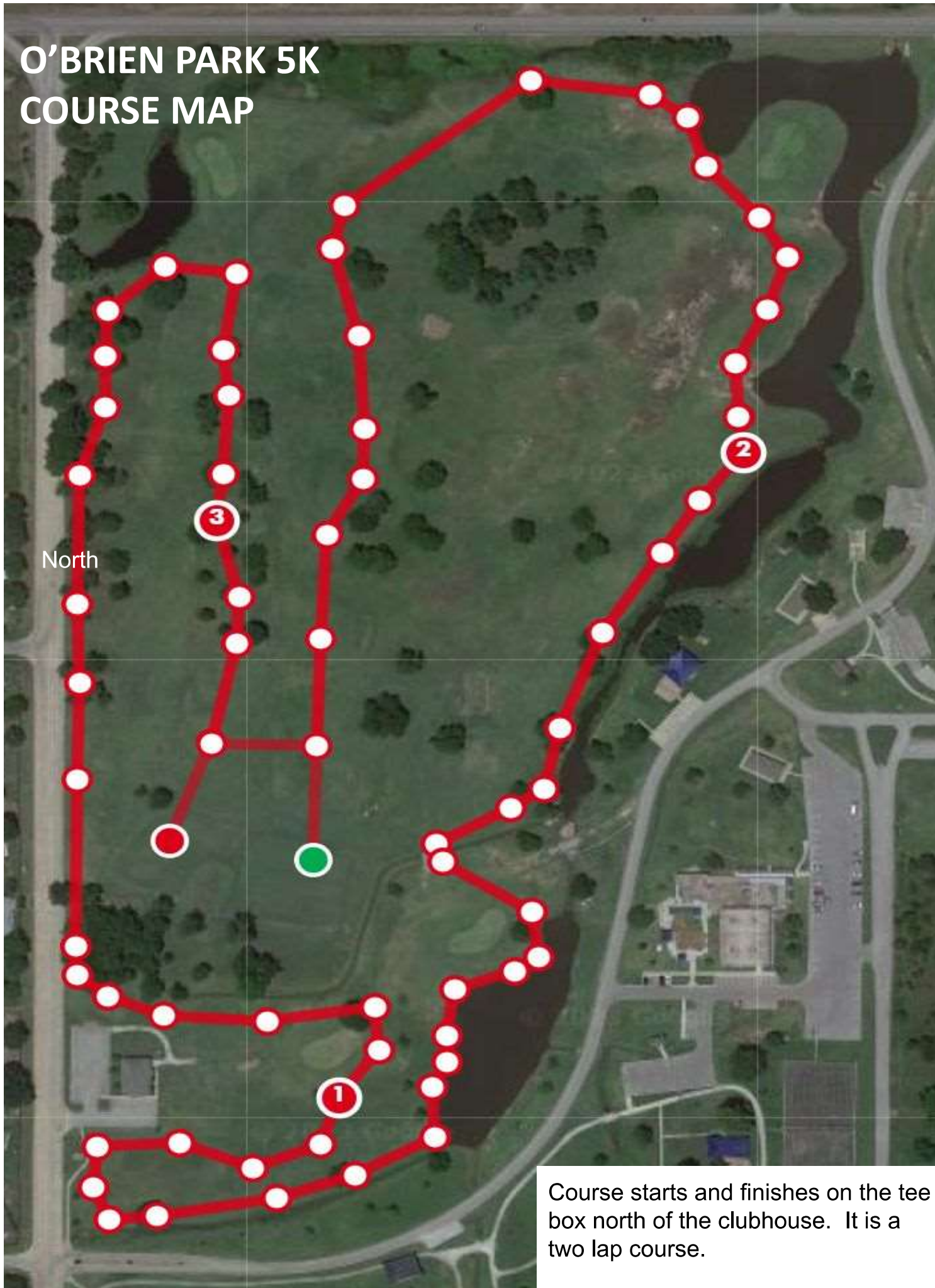


BUS PARKING: Buses will enter the park from Lewis to 61st then to Birmingham Ave on the southeast side of O'Brien. Buses will park in the grass field to the north east of the Rec Center. Coaches and Athletes will enter the course via the bridge on the east side of the course. Team camps will be south of the Start/Finish area. Busses will exit the park via E 56th st to N Lewis Avenue.

BUS PARKING MAP:



O'BRIEN PARK 5K COURSE MAP



North

Course starts and finishes on the tee box north of the clubhouse. It is a two lap course.

5A Box Assignments

5A Girls		5A Boys	
Will Rogers	Box 1	Will Rogers	Box 1
Nathan Hale	Box 2	Nathan Hale	Box 2
East Central	Box 3	East Central	Box 3
Del City	Box 4	Del City	Box 4
BTW	Box 5	BTW	Box 5
Grove	Box 6	Grove	Box 6
Guthrie	Box 7	Guthrie	Box 7
McGuinness	Box 8	McGuinness	Box 8
Edison	Box 9	Edison	Box 9
Bishop Kelley	Box 10	Bishop Kelley	Box 10
Tahlequah	Box 11	Tahlequah	Box 11
Claremore	Box 12	Claremore	Box 12
Pryor	Box 13	Pryor	Box 13
Coweta	Box 14	Coweta	Box 14
Collinsville	Box 15	Collinsville	Box 15
Glenpool	Box 16	Glenpool	Box 16
Grove	Box 17	Grove	Box 17
John Marshal	Box 18	John Marshal	Box 18
Tulsa Memorial	Box 19	Tulsa Memorial	Box 19
Shawnee	Box 20	Shawnee	Box 20

6A Box Assignments

6A Girls		6A Boys	
	Box 1		Box 1
	Box 2		Box 2
Putnam City W	Box 3	Putnam City W	Box 3
Ponca City	Box 4	Ponca City	Box 4
Muskogee	Box 5	Muskogee	Box 5
Owasso	Box 6	Owasso	Box 6
Broken Arrow	Box 7	Broken Arrow	Box 7
Yukon	Box 8	Yukon	Box 8
Sapulpa	Box 9	Sapulpa	Box 9
Jenks	Box 10	Jenks	Box 10
Deer Creek	Box 11	Deer Creek	Box 11
Edmond Mem	Box 12	Edmond Mem	Box 12
Bixby	Box 13	Bixby	Box 13
Bartlesville	Box 14	Bartlesville	Box 14
Union	Box 15	Union	Box 15
Enid	Box 16	Enid	Box 16
Sand Springs	Box 17	Sand Springs	Box 17
NW Classen	Box 18	NW Classen	Box 18
	Box 19		Box 19