

# 2024 COAC & MMSAC CROSS COUNTRY MEET

Date: Tuesday, October 15th, 2024  
Hosted By: Deer Creek High School  
Location: Deer Creek Cross Country Course  
Divisions: High School (Varsity & JV) & Middle School

**REGISTRATION & CHIP TIMING:** All entries will be done on-line at: [ok.milesplit.com](https://ok.milesplit.com) and all timing and results will be **CHIP TIMED** this year through [twelve1running.com](https://twelve1running.com) . - - - **ENTRY DEADLINE: Sunday @ 5 PM (10/13/2024)** for HS & MS registration.

Teams and students must be entered/registered before the deadline by setting up your roster at [milesplit.com](https://milesplit.com) and entering the Field Run Festival. Teams will not be added at the meet. Each Team will receive a packet with bibs for each runner. The bib has an RFID chip in it and must be worn on the front (chest area). Students (or coaches) will not be allowed in the finish area with their bibs with them. If you need assistance entering through [milesplit.com](https://milesplit.com) , contact David Riden at [davidriden@dcsok.org](mailto:davidriden@dcsok.org) or Jon Hughes at [jhughes@elginps.net](mailto:jhughes@elginps.net)

Entry Fee: No entry fee for COAC member high school teams  
\$300.00 for each Middle School entered in MMSAC  
Admission: \$5 per adult and student  
Parking: Buses will need to be parked in the NE corner of the PAAC Parking Lot

Schedule:

<u>High School</u>		<u>Middle School</u>	
8:00 AM	HS Coaches Meeting	11:10 AM	MS Coaches Meeting
8:30 AM	Varsity Girls (7 runners) 5000m	11:30 AM	7th Grade Girls 2 miles
8:50 AM	Varsity Boys (7 runners) 5000m	11:50 AM	7th Grade Boys 2 miles
9:10 AM	JV Girls (unlimited runners) 5000m	12:10 PM	8th Grade Girls 2 miles
9:30 AM	JV Boys (unlimited runners) 5000m	12:30 PM	8th Grade Boys 2 miles

HS & MS Awards (medals received in chute) (championship trophies/plaques after results)

- Races will run on schedule.
- Top 20 runners in each Varsity and JV race will receive medals, and those will be given to runners as they exit the finish chute instead of an awards ceremony.

Contact Information: David Riden (405) 627-5541      Bill Bays (405) 830-0295  
[davidriden@dcsok.org](mailto:davidriden@dcsok.org)      [billbays@dcsok.org](mailto:billbays@dcsok.org)