

ANNOUNCING

THE HEARTLAND CHAMPIONSHIP

CROSS COUNTRY MEET

at

NORTH ROCK CREEK

SATURDAY SEPTEMBER 14, 2023

SPONSORED BY FIRST UNITED BANK MORTGAGE

2 Divisions for high school teams for this meet;

- 1) CLASS "A" – OSSAA Class A
- 2) CLASS 4A - OSSAA Class 4A-3A-2A schools except for those we are designating as Class "A" for this meet

{We are making a special effort to give the "smaller schools" in what is now Class 2A Cross Country a chance to compete without being "overshadowed" by larger schools and hope that EVERY such school in the state takes advantage of the opportunity.}

* New - In the "Class A" Division the top 4 finishers for each school will be the "scorers" and 5-7 will be "bumpers."

All ORES Schools are invited to compete in the middle school divisions.

Registration, timing and results for this meet will be handled by ENDURO. Those schools who intend to compete must follow the steps and meet the deadline(s) established by ENDURO. NO MEET DAY REGISTRATION.

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website:

www.endurousa.com — NO ADDITIONAL ENTRIES AFTER DEADLINE. — **ONLINE ENTRIES DEADLINE:** the day before the meet @ 12:00pm noon. Complete ALL of the steps on the "Entries Window", make sure to "VERIFY". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your Enduro USA™ account, please email your questions to: cara@runenduro.com.

Unlimited entries in each division (no separate JV races)

COACHES MEETING - 8:15 a.m. - 1st race 9 a.m.

DIVISIONS (6) and race order

- Class 4A (and below) Varsity and JV Girls - 3200m - 9 a.m.
- Class 4A (and below) Varsity and JV Boys - 5K
- Class "A" Varsity and JV Girls - 3200m
- Class "A" Varsity and JV Boys - 5K
- M.S. (8th grade and below) Girls - 2400m
- M.S. (8th grade and below) Boys - 2400m
- Elementary (combined boys and girls) – 1600m

Those 6 “scored” divisions will be followed by one unscored, untimed (by ENDURO) 1600m (1mile) ELEMENTARY race (for ribbons only) open to all 6th grade and below girls and boys who did not compete in the M.S. races. These runners will NOT need to be registered with ENDURO.

The 6 team divisions will be scored in the usual manner with the top 5 team members as scorers, 6-7 as “bumpers” and 8+ deleted from team scoring.(* see earlier “class A” note.)
20 individual medals and 2 team trophies/plaques in each of the 6 team division races.

OSSAA rules apply.

Entry Fees: \$60/team or \$15/ individual for M.S. and H.S. races. \$5/ individual for Elementary (not to exceed \$50/school)

Early buses may park facing west along the north curb north of the gym (near the course). Later buses may need to park facing south along the west curb west of the H.S. or near the FB field. Team entry will be allowed north of the gym, west of the baseball field.

Admission will be charged. Spectators must enter through the ticket booth gate at the north end of the parking lot just west of the FB field.

Coaches who have questions or plan to enter their teams please call or text Coach Martin at 405-567-5563(c).

We want this to be/become a BIG COMPETITIVE MEET and hope that all eligible schools will take advantage of this opportunity to showcase their athletes in the HEARTLAND CHAMPIONSHIP.