



## OCCTCA Postseason Events

***Cross Country Meet of Champions/ Oklahoma vs Arkansas Cross***

***Country All-Star***

***Track & Field Meet of Champions***

### **Oklahoma Cross Country All-Star Team Qualifications**

- Runners are only accepted with a nomination from OCCTCA member coaches and must verify their intent to compete. ***Athletes nominated by non-member coaches will NOT be accepted.***
- Top 5 fastest nominated and verified runners per class at their respective OSSAA State Championship, plus an additional 5 At Large runners from ALL classes will be elected to represent the Oklahoma All-Star Team.
- Qualifying process for non-OSSAA member programs.
  1. Head Coach is a member of the OCCTCA.
  2. Athlete(s) will have competed in a meet of similar difficulty and of full race distance.
  3. Marks from accepted meets must occur during a 4 week window mimicking the OSSAA Calendar. Example: OSSAA Regional XC Meet occurs during Week 16, OSSAA XC State Meet during Week 17: therefore acceptable performances would come from meets held between OSSAA Weeks (15-18) October 12- November 8.
  4. Marks will be added to the AT LARGE athlete pool per gender.
  5. Accepted athletes will appear on the official roster posted to OHStrack.com & our Facebook page.



### **Oklahoma Track & Field All-Star Team Qualifications**

- Athletes are only accepted with a nomination from OCCTCA member coaches and must verify their intent to compete. ***Athletes nominated by non-member coaches will NOT be accepted.***
- Top 2 fastest nominated and verified runners per class at their respective OSSAA State Championship, plus an additional pool of At Large runners from ALL classes will be elected to represent the Oklahoma All-Star Team. The number of AT LARGE accepted entries will be determined to fulfill heats/ flights.
- Qualifying process for non-OSSAA member programs.
  1. Head Coach is a member of the OCCTCA.
  2. Athlete(s) will have competed in a meet with FAT timing and certified results (Track & Field).
  3. Marks from accepted meets must occur during a 4 week window mimicking the OSSAA Calendar. Example: OSSAA Regional Track Meet occurs during Week 43 (small schools), OSSAA XC State Meet during Week 45 (large schools): therefore acceptable performances would come from meets held between OSSAA Weeks 42-45 (April 20- May 17).
  4. Marks will be added to the AT LARGE athlete pool per gender, per event.
  5. Accepted athletes will appear on the official roster posted to [OHStrack.com](http://OHStrack.com) & our Facebook page.