

2015 Oklahoma Cross Country Meet of Champions

Date: Saturday, November 7

Time: Girls 9:00 (5K)

Boys 9:45 (5K)

PLACE: Norman (behind Irving Middle School; site of the 5A/6A West Regional)

Directions: **From the North:** I-35 South merge left at the 1st Norman exit, US-77 S via exit 113 for about 3 miles. Turn left (East) on Robinson for 2.5 miles. Turn Right (South) on NE 24 Ave. Drive 1 mile to Alameda. Continue (South) on NE 24 Ave. for ¼ mile. The NHS Soccer/Softball/XC parking lot is on the right. **From the South:** EAST Highway 9 exit off of I-35 (108A) and travel East for 3.5 miles until you come to NE 24th Avenue, take a left (North) for 2 miles. The NHS Soccer complex will be on your left (west side of 24th) where you will have plenty of room to park buses. The course is located behind Irving Middle School. Parking will be off NE 24th Avenue, not Vicksburg Street.

CONTESTANTS: The top 10 in each (5) of the classes state meet will receive an automatic invitation to the meet, but must still be nominated. If you have an athlete that finished outside the top 10, but think they should be considered, submit their names, and we will fill any spots left from those names that are submitted that finished 1-25 at the State Meet or Regionals. Those spots not filled by the All-State runners (top 10 in each class) will be selected by the games committee of those names that were submitted. **ALL NOMINATIONS MUST BE SENT BY THE FOLLOWING DATES, WITH NO EXCEPTIONS:**

2A/3A/4A: TUESDAY, OCTOBER 27 (10:00 P.M.)

5A/6A: TUESDAY, NOVEMBER 3 (10:00 P.M.)

NEW:

TO NOMINATE RUNNERS: COACHES MUST HAVE A TRACKROSTER ACCOUNT AND WILL HAVE TO ADD THE MEET AND THEIR RUNNERS. REMEMBER ONLY RUNNERS THAT FINISHED 1-25 AT THE STATE OR REGIONAL MEET ARE ELIGIBLE TO BE NOMINATED

Uniform tops will be provided by the O.T.C.A., but runners will need to bring their own shorts. No unattached runners will be permitted.

AWARDS: Top 20 finishers in each race will get medals and will represent the official Oklahoma scoring team in the annual Oklahoma/Arkansas Dual on November 14. Every finisher will get plaques and every runner will get t-shirts for participating. Five at-large berths will be given to runners who **A)** do not run the Meet of Champions or **B)** finish 21st – 25th. These 25 runners will comprise the official Oklahoma scoring team the following weekend. Each participant in the Meet of Champions are eligible to run in the Oklahoma/Arkansas Dual, but only the top 20 finishers and the five at-large berths will comprise the team that is eligible to score. Coaches of runners who are not running in the Meet of Champions and wish to be nominated for one of the five at large berths must send their nominations to the Oklahoma/Arkansas All-Star Meet Point of Contact (listed below) via email by **TUESDAY, NOVEMBER 3 (10:00 P.M.)** Nominations for runners not running in the Meet of Champions must include a time ran at the 2015 Regional or State Meet.

INFORMATION: Each athlete will receive a competition jersey. No entry fee is required. Liability insurance will be provided. **IN ORDER TO NOMINATE AN ATHLETE, THE COACH FOR THAT ATHLETE MUST BE A MEMBER OF THE OTCA. PLEASE TALK TO YOUR RUNNERS THAT YOU THINK MIGHT HAVE A SHOT AT ALL-STATE (TOP 10) PRIOR TO THE STATE MEET (BETWEEN REGIONALS AND STATE) SO YOU HAVE AN ANSWER AT THE STATE MEET. IT IS THE RESPONSIBILITY OF THE COACH TO NOMINATE THEIR RUNNER.**

Any questions regarding the Oklahoma Cross Country Meet of Champions can be directed to:

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Oklahoma/Arkansas All-Star Meet Points of Contact:

Boys: John Hughes
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