

CROSS COUNTRY REGIONALS

VARSITY GIRLS & BOYS

CLASS 2A, 3A & 4A

SATURDAY, OCTOBER 15, 2016

Location: Nichols Park, Henryetta

12140 Laurel Rd., Henryetta, OK 74437

SCHEDULE OF EVENTS

10:00 am	Class 4A Girls
10:45 am	Class 4A Boys
Awards Presentation	
12:00 pm	Class 2A Girls
12:45 pm	Class 2A Boys
Awards Presentation	
2:00 pm	Class 3A Girls
2:45 pm	Class 3A Boys
Awards Presentation	

Any questions, contact: Tim Gillispie, 918-652-6571, ext. 7770 or 918-906-7783

Please remind your crowd that there is a state gate charge of \$5.00 per person.

Coaches Meeting Review:

- 1) Go to www.runendurousa.com to enter your team(s). Only enter your top 7 runners, plus 3 alternates. Please check website for deadline.
- 2) Please bring a copy of Enduro entries the day of the meet.
- 3) Pick up packet at check-in and make sure you only have 7 runners that compete!!
- 4) Please help keep spectators off the course—especially the final stretch. Ask your supporters to not run alongside of your runners. This could interfere with the race and cause you a disqualification.
- 5) Coaches make sure your athletes abide by all OSSAA rules and regulations.
- 6) If a runner goes down in the first 100 meters we will restart the race.
- 7) The OSSAA has asked that you settle any discrepancies with placements before results are sent in to them. Therefore, you will need to settle them before you leave the meet.

OSSAA has approved the Kukulski Brothers to sell T-shirts and souvenir items at the Cross Country Regionals this year; please inform athletes that there will be items available for purchase.