

2016 Oklahoma

Cross Country East Regional

DATE: Saturday, October 22nd, 2016

PLACE: Mohawk Park, 5701 E 36th St N, Tulsa, OK 74115

STARTING TIMES:

9:30 5A Coaches Meeting at the finish line
10:00 5A Girls Varsity (5k)
10:45 5A Boys Varsity (5k)
11:30 6A Coaches Meeting at the finish line
12:00 6A Girls Varsity (5K)
12:45 6A Boys Varsity (5K)

RESTROOMS AND DRESSING: Portable bathrooms available.

WATER: Water cups will be provided for each runner at the finish line.

EMERGENCIES: School trainers will be onsite in case of emergencies.

PACKET PICK UP: Coaches, please pick up packets at the finish line after arriving at the meet.

UNIFORM RULES: Coaches please make sure your athletes are in legal uniforms. All your participating runners must have matching jerseys and shorts. For example if one runner has solid black shorts then all runners must have solid black shorts with no stripes. If one runner has shorts with two stripes then all runners must have shorts with matching two stripes. Anything worn under a runner's shorts are legal and do not have to match their teammates as long as they are above the knee. If a runner wears tights below their shorts that goes below their knee then the tights must be a solid color and, if another runner wears tights, they must match. Any runners wearing a shirt under their jersey must match anyone else wearing a shirt under their jersey and shirts must be a single solid color. If you have

any questions regarding uniforms please let me know. The last thing we want to do is disqualify a runner due to a uniform violation. All other NFHS rules will be followed for the meet.

BOX ASSIGNMENTS: We will have box assignments for the Regional meet based on the State rankings on ohstrack.com. There will be box assignments at State as well. This will alleviate the stress of having to hold a spot on the line and help give everyone a fair start. The starting area is over 200 meters long and very straight. There is really no one spot better than another.

5a Girls		5a Boys	
East Central	Box 1	Durant	Box 1
Edison	Box 2	East Central	Box 2
Glenpool	Box 3	Grove	Box 3
Grove	Box 4	Guthrie	Box 4
Guthrie	Box 5	McAlester	Box 5
McAlester	Box 6	Coweta	Box 6
Pryor	Box 7	Shawnee	Box 7
Coweta	Box 8	Edison	Box 8
Collinsville	Box 9	Santa Fe South	Box 9
Claremore	Box 10	Claremore	Box 10
Bishop Kelley	Box 11	Bishop Kelley	Box 11
Durant	Box 12	Glenpool	Box 12
Tahlequah	Box 13	Collinsville	Box 13
Shawnee	Box 14	Skiatook	Box 14

Memorial	Box 15	Memorial	Box 15
Nathan Hale	Box 16	Nathan Hale	Box 16
Santa Fe South	Box 17	Pryor	Box 17
Skiatook	Box 18	Tahlequah	Box 18
Will Rogers	Box 19	Will Rogers	Box 19
	Box 20		Box 20

6a Girls	6a Boys
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	Box 1		Box 1
	Box 2		Box 2
BTW	Box 3	BTW	Box 3
Choctaw	Box 4	Bixby	Box 4
Putnam City	Box 5	Choctaw	Box 5
Enid	Box 6	Sapulpa	Box 6
Broken Arrow	Box 7	Union	Box 7
Sand Springs	Box 8	Stillwater	Box 8
Deer Creek	Box 9	Jenks	Box 9
Bartlesville	Box 10	Bartlesville	Box 10
Owasso	Box 11	Owasso	Box 11
Jenks	Box 12	Deer Creek	Box 12
Bixby	Box 13	Broken Arrow	Box 13

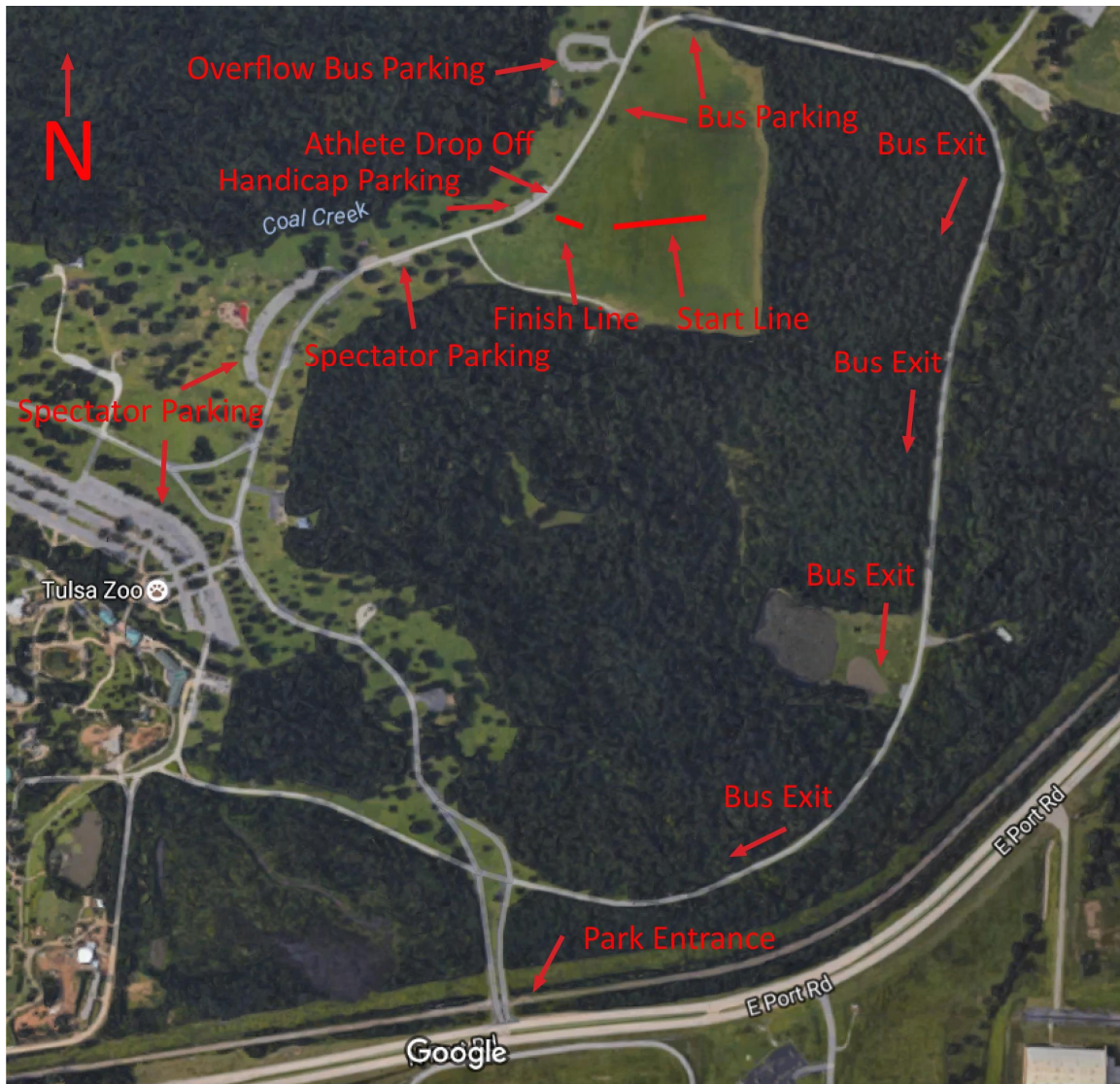
Stillwater	Box 14	Sand Springs	Box 14
Sapulpa	Box 15	Enid	Box 15
Muskogee	Box 16	Muskogee	Box 16
Ponca City	Box 17	Ponca City	Box 17
Union	Box 18	Putnam City	Box 18
	Box 19		Box 19
	Box 20		Box 20

PARKING:

Park entrance will be off 36th st. North. Tickets will be taken at the park entrance. Cost for Regionals is \$5 for spectators (per person) and cost for entry into Mohawk Park is \$2 per vehicle. Spectator parking will be in the grass area south of the course, the playground parking lot, and the zoo parking lot. Disabled parking will be across the street from the finish line.

Buses please pull up to the finish line to drop off your athletes. Buses will then head north on Choctaw Drive to north side of the course. We'll line buses up nose to tail along the grass back towards the finish line. If we run out of room there is another small loop to the northwest of the course buses can use. After your races are complete please load your bus and head out on Cherokee Dr around the east side of the park back to the park entrance/exit.

Parking Map on Next Page...



2016 CROSS COUNTRY STATE TOURNAMENT PROGRAMS:

The 2016 State tournament program information should include a 300 dpi picture and a roster of your team or individual qualifier. Please email that to rod.coulter@vype.com There is no charge to be included in the program. Please submit your program picture and roster by Wednesday, October 19th.

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ACADEMIC ACHIEVEMENT AWARD APPLICATION:

The Academic Achievement Award application must be postmarked no later than October 24th or faxed no later than October 25th for classes 5A-6A. You will find the application on the OSSAA website under sports and then cross country.

STATE ENTRIES: All qualifiers need to be entered on www.runenduroentries.com by Monday, October 24th.

If you have any questions please call or email Coach Collins
918-698-9481 blake.collins@owassops.org