

# ***CHISHOLM / OBA***

## **Cross Country Regional**

### **Class 2A, 3A and 4A**

Saturday, October 13, 2018

**LOCATION:** Meet will be held at **OKLAHOMA BIBLE ACADEMY CROSS COUNTRY COURSE** in Enid (5913 W. Chestnut Ave.)

<b>TIME</b>	2A Coachesø Meeting	Finish Line Area	9:15 A.M.
<b>&amp;</b>			
<b>DISTANCE</b>	2A Girls	3200 Meters	10:00 A.M.
	2A Boys	5000 Meters	10:45 A.M.
	2A Awards Presentation	Home Bleachers	11:30 A.M.
	3A Coachesø Meeting	Finish Line Area	11:15 A.M.
	3A Girls	3200 Meters	12:00 P.M.
	3A Boys	5000 Meters	12:45 P.M.
	3A Awards Presentation	Home Bleachers	1:30 P.M.
	4A Coachesø Meeting	Finish Line Area	1:15 A.M.
	4A Girls	3200 Meters	2:00 P.M.
	4A Boys	5000 Meters	2:45 P.M.
	4A Awards Presentation	Home Bleachers	3:30 P.M.

**AWARDS** Top 15 Individual Places  
Team Plaque for 1<sup>st</sup> Place

### **REGISTRATION OF CROSS-COUNTRY TEAMS& INSTRUCTIONS**

**On-line Entry Deadline: Thursday, October 11th @ 5pm.** All entries must be completed on-line at: [www.runendurousa.com](http://www.runendurousa.com) (Complete All Steps.) Please enter your TEAM (athletes, up to 7 runners) before the deadline. If you have questions regarding your ENDURO Entries account, please contact Kevin McWatters at: [kevin@endurousa.com](mailto:kevin@endurousa.com)

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Run only 7 or less runners in the race.

Place the numbered bib on the front of the runner.

Place pins in proper place. Do not fold or pin tear off barcode.

Each runner should be wearing a matching uniform if they are on a team of 5-7 runners. They should be school issued uniforms. Undergarments that extend below the knee, shall match in color (team of 5-7 runners) and be a solid color. Upper body undergarments should match (team of 5-7 runners) and be a solid color.

Run within 6 feet of marked line.

Place team camps outside the roped areas.

No spectators on the football field.

Please help keep your spectators off the course and outside roped areas.



HIGH SCHOOL GIRLS

OCTOBER 13, 2018  
3200 METERS

For Results See:  
[OHSTRACK.COM](http://OHSTRACK.COM)





HIGH SCHOOL BOYS



OCTOBER 13, 2018  
5000 METERS

For Results See:  
[OHSTRACK.COM](http://OHSTRACK.COM)

