

2018 Oklahoma Cross Country Meet of Champions Date: Saturday, November 3rd Time: Girls 9:00 (5K) Boys: 9:45 (5K) Place: Carl Albert High School

Directions: **From the North I-35:** Take the I-40 Ft. Smith exit (east) for about 6 miles. Take the Douglas exit (north) Turn right on 29th st. Travel 1 mile turn left on Post Rd. travel half mile on the left. **From the South: I-35:** Take the I-40 Ft. Smith exit (east) for about 6 miles. Take the Douglas exit (north) Turn right on 29th st. Travel 1 mile turn left on Post Rd. travel half mile on the left. **From the East I-40:** Take the Douglas exit (north) Turn right on 29th st. Travel 1 mile turn left on Post Rd. travel half mile on the left. **From the West I-40:** Take the Douglas exit (north) Turn right on 29th st. Travel 1 mile, turn left on Post Rd. travel half mile on the left. The XC course is located behind the Carl Albert Middle School 2515 S.Post Rd. Parking will be in the stadium Parking lot.

Contestants: The top 10 in each (5) of the classes state meet will receive automatic acceptance 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 finish 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 from the names that were submitted. ALL NOMINATIONS MUST BE SENT BY THE FOLLOWING DATES, WITH NO EXCEPTIONS: 2A/3A/4A: TUESDAY OCTOBER 23rd (10:00 P.M.) 5A/6A: TUESDAY OCTOBER 30th (10:00 P.M.)

TO NOMINATE RUNNERS: EMAIL RUNNERS WHO WISH TO BE NOMINATED TO APPROPRIATE COORDINATOR

Frezer Legeese (Boys) @ frezer.legesse@gmail.com Matt Appelman (Girls) mappelman@mariettaisd.org

****INCLUDE NAME/GENDER/SCHOOL/CLASSIFICATION/MEET/TIME/AND PLACING.**

****PLEASE DO NOT NOMINATE ANY RUNNER UNTIL YOU HAVE VERIFIED WITH HIM/HER THAT SHE WILL ATTEND THE MEET. **REMEMBER ONLY RUNNERS THAT FINISHED 1-25 AT THE STATE OR REGIONAL MEET ARE ELIGIBLE TO BE NOMINATED. **THE LIST OF ACCEPTED RUNNERS WILL BE POSTED WEDNESDAY NOVEMBER 1st. ** COACHES WHOSE RUNNERS ARE ACCEPTED MUST ADD THE MEET TO THEIR RUNENDUROUSA.COM ACCOUNT AND ENTER THEIR RUNNERS INTO THE MEET BY FRIDAY NOVEMBER 3TH AT NOON. IN ORDER TO COVER COSTS INCURRED BY HOSTING THIS MEET THERE WILL BE A \$5 GATE FEE PER PERSON.**

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. Every finisher will get plaques for participating.

Oklahoma/Arkansas All-Star Meet: ALL RUNNERS who participate in the Meet of Champions are invited to run in the Oklahoma/Arkansas duel on November 11th. The official scoring team for the Oklahoma/Arkansas duel will consist of the top 20 finishers from the Meet of Champions and 5 at large runners. The five at large berths will be given to runners who A) do not run at the Meet of Champions and are nominated by their coach B) finish 21st-25th at the Meet of Champions. If a runner from the official scoring team is not present at the Oklahoma/Arkansas Duel, a runner will be moved up to fill the spot based on performance at the Meet of Champions.

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. 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: Matt Appelman mappelman@mariettaisd.org (580) 399-1217 or Frezer Legeese @ frezer.legesse@gmail.com (405) 802-0182