

# ***CHISHOLM / OBA***

## **Cross Country Regional**

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

Saturday, October 19, 2019

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

<b>TIME</b>	4A Coachesø Meeting	Finish Line Area	9:15 A.M.
<b>&amp;</b>			
<b>DISTANCE</b>	4A Girls	3200 Meters	10:00 A.M.
	4A Boys	5000 Meters	10:45 A.M.
	4A Awards Presentation	Home Bleachers	11:30 A.M.
	2A Coachesø Meeting	Finish Line Area	11:15 A.M.
	2A Girls	3200 Meters	12:00 P.M.
	2A Boys	5000 Meters	12:45 P.M.
	2A Awards Presentation	Home Bleachers	1:30 P.M.
	3A Coachesø Meeting	Finish Line Area	1:15 A.M.
	3A Girls	3200 Meters	2:00 P.M.
	3A Boys	5000 Meters	2:45 P.M.
	3A 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 17th @ 5pm.** All entries must be completed on-line at: [www.runenduroussa.com](http://www.runenduroussa.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@enduroussa.com](mailto:kevin@enduroussa.com)

Jim Coleman [jcoleman@chisholm.k12.ok.us](mailto:jcoleman@chisholm.k12.ok.us)  
Chisholm High School, Enid, Oklahoma 73703  
School Phone------(580) 237-5512  
Cell Phone------(580) 791-1309

Run only 7 or less runners in the race.

Place the competition number legibly on the left hand of the runner with a line under the number. 345

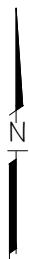
Each runner should be wearing a matching uniform (singlet and shorts) if they are on a team of 5-7 runners. They should be school issued uniforms. Undergarments do not have to match.

Run within 6 feet of the marked line on the course.

Place team camps outside the roped areas.

No spectators on the football field during the awards presentation.

Please help keep your spectators off the course and outside roped areas and remind them not to run with a competitor during the competition.



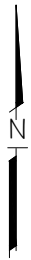
HIGH SCHOOL GIRLS

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3200 METERS

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





HIGH SCHOOL BOYS



5000 METERS

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

