

## 2019 OKLAHOMA XC MEET OF CHAMPIONS

*November 9, 2019*

CARL ALBERT HIGH SCHOOL

MIDWEST CITY, OK

### Race Schedule

Check-In	8:00am
Girls (5K)	9:00 am
Boys (5K)	9:45 am

### Course Location

The XC course is located behind Carl Albert Middle School 2515 South Post Road. Parking will be available 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, please 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.

### To Nominate Runners

- The coach for the nominated athlete must be a member of the otca. It is the responsibility of the coach to nominate their runner.
- Email runners who wish to be nominated to:
  - Classes 2A/3A/4A Kendra Hoover hoover@mooreland.k12.ok.us
  - Classes 5A/6A Aaron Partridge apartridge@baschools.org
- Include name/gender/school/classification/meet/time/and placing. \*\*please do not nominate any runner until you have verified with him/her that they 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 6th.
- Coaches whose runner(s) are accepted must add the meet to their runendurousoa.com account and enter their runner(s) into the meet by Thursday, November 7th at noon, **NO EXCEPTIONS.**

**All nominations must be sent by the following dates, with NO EXCEPTIONS:**

2A/3A/4A	Tuesday, October 29th (10:00 pm)
5A/6A	Tuesday, November 5th (10:00 pm)

### Participant Information

Each athlete will receive a competition jersey. Uniform tops will be provided by the O.T.C.A., runners will SUPPLY their own shorts. No entry fee is required. No unattached runners will be permitted. Liability insurance will be provided.

### Awards

Top 20 finishers in each race will get medals.  
Every finisher will get plaques for participating.

### Spectator Admission

\$5 gate fee per person, proceeds help cover costs incurred by hosting this meet.

Any questions regarding the Oklahoma Cross Country Meet of Champions or Arkansas- Oklahoma All-Star XC Meet can be directed to:

Kendra Hoover hoover@mooreland.k12.ok.us (405) 761-8146

Aaron Partridge apartridge@baschools.org (405) 777-8979