

## Broken Arrow Tigers XC Meet 2020

Date: Saturday, September 12

Location and Course:

- ★ Oneta Ridge Middle School, 6800 E. Quincy Place, Broken Arrow, 74014
- ★ The 5k course consists of two 1.5 mile loops on a grass field across the street.

Schedule:

7:00 - 8:15	HS Packet Pickup		
8:15	Flag Ceremony		
8:30	HS Girls V	5 k	< 9 runners
9:00	HS Boys V	5 k	< 9 runners
9:30	HS Girls JV	5 k	< 10 runners
10:10	HS Boys JV	5 k	< 10 runners
9:15 - 11:00	MS Packet Pickup		
10:50	MS Girls	1.5 m	unlimited
11:15	MS Boys	1.5 m	unlimited

Awards:

- ★ Medals to the top 15 in each HS and MS division

Entry Fee:

- ★ HS School Teams: \$60 *(or total \$100 for both Girls & Boys; JV teams free with paid Varsity teams)*
- ★ MS School Teams: \$50 *(or total \$90 for both Girls & Boys)*
- ★ MS & HS Individuals: \$10 *no unattached or club runners allowed in MS or HS races*
- ★ Make checks payable to BAXC; bring day of or send to Broken Arrow Athletics 2200 N. 23<sup>rd</sup> St. 74012

Meet Registration:

- ★ 9 HS TEAM LIMIT; 5 MS TEAM LIMIT
- ★ High School and Middle School:
  - enter teams and individuals on ENDURO
  - RSVP via email as early as possible (school name and divisions entered) by Sep 7
  - race timing and online results furnished by ENDURO

Contact Info: HS Head Coach Shane Messinger [smessinger@baschools.org](mailto:smessinger@baschools.org)  
MS Head Coach Aspen Marical [amarical@baschools.org](mailto:amarical@baschools.org)

Parking / Drop Off:

- ★ **HS BUS DROP OFF & PARK:** Enter heading east from Oneta Road onto Quincy Place. Enter the Oneta Ridge rotunda. Drop athletes and gear upon entry at the sidewalk to the right (east). Veer right through the yellow gate. Go on through the rear parking lot, loop around the school westward back towards Quincy, park up as far as possible and backfill behind the bus in front of you.
- ★ **HS PICKUP:** Re-enter the rotunda, load at sidewalk. Do not go through the yellow gate again, instead just circle around the rotunda. Head west back out to Oneta Road to exit.
- ★ **MS BUS DROP OFF & PARK:** Enter heading south on S. Highlands Boulevard off 81st St. When you get to Highland Park Elementary, do not enter the lot. Pull on around up to the roadblock between the schools. Park on the north edge of the street, Quincy Place, backfilling behind the bus in front of you.
- ★ **MS PICKUP:** Your team walks to you via Pedestrian Corridor and loads. Head west and exit onto Oneta Road.
- ★ **All Spectators** Enter heading south on S. Highlands Boulevard off 81st St. When you get to Highland Park Elementary, turn right (west) to loop around the rear of the school. Continue on to the front parking lot as directed and park as far east as possible. Do not park in the street or on any grass. The street in front of the schools, Quincy Place, will be blocked to only allow bus passage. Exit from the Highland Park lot north, heading back to 81st St.

Restrooms: Option 1: portables on the eastern end of the course. Option 2: inside Oneta Ridge MS, east side

Emergencies: report to the Oneta Ridge MS gym

Team Tents: setup in the Tent Area in the grass field behind the finish line; not on the north side of street

Concessions: drinks and snacks on sale via BAXC Booster Club

**See attached BA Cross Country Guidelines.**



# **BUILD THE LEGACY**

## **EARN YOUR STRIPES**



### **Broken Arrow Cross Country Guidelines**

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Welcome to Broken Arrow Public Schools! As we navigate through these uncertain times during the COVID-19 pandemic, we would like you to know that the health and safety of all student-athletes, coaches, staff, officials, administrators, parents, and patrons is our priority.

When you are in our facilities, we are asking you to follow the guidelines below:

1. Masks are required for all participants, coaches, workers, volunteers, officials, patrons or anyone attending the cross country meet.
2. Student-athletes are required to wear a mask when social distancing is not possible.
3. Coaches must wear a mask or face covering, at all times.
4. The starting line area, the finish line area, and the chute will be strictly limited to athletes and coaches only.
5. Student-athletes warming up should practice social distancing. There will be a designated area for teams to warm up, which will keep them off the course when they are not in a race.
6. Student -athletes must refrain from high fives, handshake line, or any other physical contact with teammates, coaches or spectators.
7. No shared hydrating bottles, towels, gloves or any other personal equipment is permitted.
8. Student-athletes should bring their own water bottles.
9. Athletes should arrive dressed in their team uniform. Locker rooms will not be available.
10. Before, during and after the contest - players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands, as often as possible.
11. High School team entries will be limited to 9. This will allow for spacing and social distancing at the starting line.
12. Middle School team entries will be limited to 5 or 6 teams (based on numbers). This will allow participants to space out properly, while allowing larger numbers of same-team runners.
13. Spectators will only be allowed on the outskirts of the race, not in the central area. All spectators must practice proper social distancing and should wear a mask at all times.
14. Teams are encouraged to limit the number of guests per athlete to two guests, if possible.
15. Please be aware, parking is limited. See the attached course map for instructions where to park.
16. At the conclusion of the race, athletes will be handed a water cup from a gloved & masked volunteer. Athletes will be asked to keep the flow of traffic moving and not crowd around the water tables.

We thank you for your cooperation. If you have any questions or concerns before coming to our facilities, please do not hesitate to contact our athletic department at 918-259-5900.



**Oneta Ridge Middle School**  
**6800 E Quincy Place**

**Highland Park Elementary**  
**7200 E. Quincy Place**

Spectators RED arrows:  
 Enter AND exit Highland Park Elem. from the north using Highlands Blvd. Park in lot and on south side of Quincy Place

High School Buses GREEN left:  
 Enter from Oneta Rd (241st) heading east. Unload orange, drive around and park behind Oneta Ridge and on south side of Quincy Place. Circle again to load, around rotunda. Exit west onto Oneta Road.

Middle School Buses GREEN right:  
 Enter from the north using Highlands Boulevard. Park on the north side of Quincy Place. Exit west on Oneta Road. They are the last group to compete.

- Roadblocks BLUE by number:
1. Is a gate allowing in only buses and cars with parking pass, and buses out.
  2. Makes pedestrian corridor
  3. Makes pedestrian corridor and opens at the end of the day to allow MS buses through
  4. Is a gate that allows spectators in and out, and MS buses in

