

CHISHOLM / OBA

Cross Country Regional

Class 2A, 3A and 4A

Saturday, October 24, 2020

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

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

AWARDS Top 15 Individual Places
Team Plaque for 1st Place

REGISTRATION OF CROSS-COUNTRY TEAMS& INSTRUCTIONS

On-line Entry Deadline: Thursday, October 22nd @ 5pm. All entries must be completed on-line at: 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

Jim Coleman 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 bib on the front of the runner. Do not pin through the bottom tear-off tag

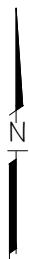
Each runner should be wearing a matching uniform (singlet and shorts) if they are on a team of 5-7 runners. They should be school approved uniforms. Undergarments do not have to match.

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.

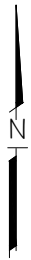


HIGH SCHOOL GIRLS

3200 METERS

For Results See:
OHSTRACK.COM





HIGH SCHOOL BOYS



5000 METERS

For Results See:
OHSTRACK.COM

