

OKLAHOMA vs ARKANSAS MEET OF CHAMPIONS

Saturday, November 14, 2020

Race Schedule

Check-In	10:00am
Girls (5K)	11:30am
Boys (5K)	12:00pm

Oklahoma All-Star Team Qualifications

- All State Cross Country Athletes are automatically invited (Top 15 at respective State Championship races).
- Runners are only accepted with nomination from OCCTCA member coaches and must verify their intent to compete. ***Athletes nominated by non-member coaches will NOT be accepted.***
- Top 10 fastest nominated and verified runners per class will represent the Oklahoma All-Star Team.
- The selected 50 athletes will compete for the Oklahoma All-Star Team (per gender). These athletes will receive a complementary jersey for the meet. Athletes will be required to supply their own racing bottoms/shorts.
- Athletes should report to the registration area no later than 10am.
- Qualifiers for this year's team will be posted on Facebook at "Oklahoma Track & Field and Cross Country" and OHStrack.com. If you text, please include your name in the text.

Classes 2A/3A/4A

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

Classes 5A/6A

Aaron Partridge
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(405) 777-8979

PLEASE CONFIRM YOUR PARTICIPATION NO LATER THAN MONDAY, NOVEMBER 9TH.

Oklahoma vs Arkansas Meet of Champions Details

- Location:
[Oneta Ridge Middle School](#)
[6800 E. Quincy Place](#)
[Broken Arrow, OK 74014](#)
- Awards to the top 25 per race.
- All participants, coaches, officials and spectators will follow and adhere to the COVID Guidelines as established by the host school, Broken Arrow. Please see attachment.



BUILD THE LEGACY

EARN YOUR STRIPES



Broken Arrow Cross Country Guidelines

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

Spectators & Competitors
Parking will be located on
the Oneta Ridge Campus.
Competition and Race will
be across the street on the
BA Cross Country Course.

