

HEARTLAND CHAMPIONSHIP
Cross County Meet at North Rock Creek
Saturday, September 18, 2021
Sponsored by First United Bank Mortgage

Registration: DEADLINE is Friday, September 17th, 5:00 PM
Entries after the deadline will NOT be allowed. - - - NO EXCEPTIONS

Entry Procedure: All entries must be completed online at: www.endurousa.com
If you do not already have an account, you will need to visit "ENDURO USA" - - -
(www.endurousa.com). After you set up your account, email Kevin McWatters
(kevin@runenduro.com). In your email, list your school, the roster(s) you need (boys
and/or girls), and the name of the previous coach. Please do not wait until the last
minute to contact Kevin.

Unlimited entries in each division (no separate JV races)

Entry Fees: \$60/team or \$15/individual for MS and HS races. \$5/individual for
Elementary (not to exceed \$50/school).

2 Divisions for high school teams for this meet:

- 1) CLASS "A" – Schools #289-478(?) on the OSSAA ADM list (ie, Class A track schools)
- 2) CLASS 4A – OSSAA Class 4A-3A-2A schools except for those we are designating as
Class "A" for this meet

{We are making a special effort to give the "smaller schools" in what is now Class 2A
Cross Country a chance to compete without being "overshadowed" by larger schools
and hope that EVERY such school in the state takes advantage of the opportunity.}

All ORES Schools are invited to compete in the middle school divisions.

Schedule: Coaches Meeting at 8:15 a.m. – First Race at 9:00 a.m.

Divisions (6):

Class 4A (and below) Varsity and JV Girls – 3.2K

Class 4A (and below) Varsity and JV Boys – 5K

Class "A" Varsity and JV Girls – 3.2K

Class "A" Varsity and JV Boys – 5K

MS (8th grade and below) Girls – 1600M

MS (8th grade and below) Boys – 2.5K (1.55 miles)

Those 6 “scored” divisions will be followed by one unscored, untimed (by ENDURO) 1600M (1 mile) Elementary race (for ribbons only) open to all 6th grade and below girls and boys who did not compete in the MS races. These runners will NOT need to be registered through ENDURO.

Scoring: The 6 team divisions will be scored in the usual manner with the top 5 team members as scorers, 6-7 as “bumpers” and 8+ deleted from team scoring. OSSAA rules apply.

Awards: 20 individual medals and 2 team trophies/plaques in each of the 6 team division races.

Early buses may park facing west along the north curb north of the gym (near the course). Later buses may need to park facing south along the west curb west of the High School or near the football field. Team entry will be allowed north of the gym, west of the baseball field.

Admission will be charged. Spectators must enter through the ticket booth gate at the north end of the parking lot just west of the football field.

Coaches who have questions or plan to attend the meet, please call or text Coach Martin at 405-567-5563 (cell).

We want this to be/become a BIG COMPETITIVE MEET and hope that all eligible schools will take advantage of this opportunity to showcase their athletes in the HEARTLAND CHAMPIONSHIP.