

CHISHOLM / OBA

Cross Country Regional

Class 2A, 3A and 4A

Saturday, October 21, 2023

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

TIME & DISTANCE	4A Coaches' Meeting	Finish Line Area	8:15 A.M.
	4A Girls	3200 Meters	9:00 A.M.
	4A Boys	5000 Meters	9:45 A.M.
	4A Awards Presentation	Home Bleachers	10:30 A.M.
	2A Coaches' Meeting	Finish Line Area	10:15 A.M.
	2A Girls	3200 Meters	11:00 A.M.
	2A Boys	5000 Meters	11:45 A.M.
	2A Awards Presentation	Home Bleachers	12:30 P.M.
	3A Coaches' Meeting	Finish Line Area	12:15 P.M.
	3A Girls	3200 Meters	1:00 P.M.
	3A Boys	5000 Meters	1:45 P.M.
	3A Awards Presentation	Home Bleachers	2:30 P.M.

AWARDS Top 15 Individual Places
Team Plaque for 1st Place

REGISTRATION OF CROSS-COUNTRY TEAMS—INSTRUCTIONS

On-line Entry Deadline: Thursday, October 19th @ 12pm. All entries must be completed on-line at: www.endurosa.com (Complete All Steps.) Please enter your TEAM (athletes, up to 10 runners) before the deadline. If you have questions regarding your ENDURO Entries account, please contact: : cara@runenduro.com.

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Ticket Prices (ENCOURAGE YOUR FANS TO BUY ONLINE TICKETS BEFORE THEY GET TO THE GATE) Regionals - \$7.00 + Fee for Online or \$10.00 Cash Ticket.

The link for the Regional and State Cross Country Meet online tickets can be found on the home page of www.ossaa.com.

Run only 7 or less runners in the race.

Place the assigned competition number on the back of the left hand of the runner.

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.

Remind runners not to obstruct other runners during the race.