

HENRYETTA

Cross Country Regional

Class 2A, 3A & 4A

Saturday, October 21, 2023

Location: **Nichols Park, Henryetta (just south of Golf Course; signs will be posted at Nichols Park entrance)**

Schedule of Events:

8:00 am 4A Coaches Meeting

9:00 am Class 4A Girls

9:45 am Class 4A Boys

4A Awards Presentation

10:00 am 2A Coaches Meeting

11:00 am Class 2A Girls

11:45 am Class 2A Boys

2A Awards Presentation

12:00 pm 3A Coaches Meeting

1:00 pm Class 3A Girls

1:45 pm Class 3A Boys

3A Awards Presentation

Any questions, contact Tim Gillispie, 918-906-7783 or at tgillispie@henryetta.k12.ok.us

Coaches Meeting Review:

- 1) Go to www.endurousa.com (Complete all steps.) Only enter your top 7 runners, plus 3 alternates. Please check website for deadline.
- 2) Pick up packet at check in and make sure you only have 7 runners that compete.
- 3) Please help keep spectators off the course—especially the final stretch. Ask your supporters not to run alongside your runners. This could interfere with the race and cause you a disqualification.
- 4) Make sure your athletes abide by all OSSAA rules and regulations.
- 5) The OSSAA has asked that you settle any discrepancies before results are sent to them. Therefore, this will need to be settled before you leave the meet.

Any questions, contact Tim Gillispie, 918-906-7783 or at tgillispie@henryetta.k12.ok.us

PLEASE REMIND SPECTATORS THAT THEY CAN PURCHASE TICKETS ONLINE FOR \$7.00 PLUS ONLINE FEE. THE LINK CAN BE FOUND ON THE OSSAA.COM WEBSITE. TICKETS MAY ALSO BE PURCHASED AT THE GATE FOR \$10.00.



