



OSSAA CROSS COUNTRY 5A/6A EAST REGIONAL

DATE: Saturday, October 21st 2023

PLACE: O'Brien Park
6149 N Lewis Ave,
Tulsa, OK 74130

STARTING TIMES:

8:30 6A Coaches Meeting at the finish line
9:00 6A Girls Varsity (5k)
9:45 6A Boys Varsity (5k)
10:30 5A Coaches Meeting at the finish line
11:00 5A Girls Varsity (5K)
11:45 5A Boys Varsity (5K)

ENTRIES: All team entries must be completed online at www.runenduroentries.com

**ENTRIES ARE DUE BY THURSDAY, OCTOBER 19th at 12:00pm. NO
EXCEPTIONS!**

Entry Procedure: All entries must be completed online at: www.enduroussa.com If you do not already have an account, you will need to visit "ENDURO USA" - - - (www.enduroussa.com).

MEET RULES: Teams may run only 7 or less runners in the race. Each runner should be wearing a matching uniform (singlet and shorts) if they are on a team of 5-7 runners. Uniforms must be school issued. Undergarments do not have to match. Runners must run within the marked lines of the course.

All NFHS uniform and code of conduct rules will be enforced at the meet.

RESTROOMS AND DRESSING: Portable bathrooms and Park bathrooms available.

WATER: Water bottles will be provided for each runner at the finish line.

EMERGENCIES: School trainers will be onsite in case of emergencies.

PACKET PICK UP: Coaches, please pick up packets at the finish line after arriving at the meet.

BOX ASSIGNMENTS: We will have box assignments for the Regional meet. This will hopefully alleviate the stress of having to hold a spot on the line and will help give everyone a fair start. Box assignments are listed on the final page below.

ACADEMIC ACHIEVEMENT AWARD APPLICATION:

The Academic Achievement Award application must be postmarked or faxed no later than October 26th for classes 5A-6A. You will find the application on the OSSAA website under the sports tab and then cross country.

STATE ENTRIES: All qualifiers need to be entered on www.runenduroentries.com by Monday, October 23rd

COST: Cost for Regionals is \$10 cash for spectators (per person) at the gate or \$7 plus a \$1.35 fee, if paid digitally through GoFan. There will be a pay table set up at the park entrance. Playoff passes will be accepted. Please encourage your spectators to pre-pay to speed up the line.

CONCESSIONS: There will be concessions on site. Cash only.

2023 CROSS COUNTRY STATE TOURNAMENT PROGRAMS:

The 2023 State tournament program information should include a 300 dpi picture and a roster of your team or individual qualifier. Please email that to programs@vype.com There is no charge to be included in the program. Please submit your program picture upon qualification.

If you have any questions please call or email Coach Collins
918-698-9481 blake.collins@owassops.org

SPECTATOR PARKING: Park entrance for spectators will be off 66th st. North. We will have one way traffic to help alleviate any traffic jams. Spectators will exit off of Birmingham Ave to 61st on the south side of the park.

Tickets will be taken at the park entrance. Spectator parking will be in the parking lot south of the baseball fields and football fields on the east side of the park. Disabled parking will be in the parking lot closest to the start/finish area at the clubhouse building. Monday, October 23rd.

If you have any questions please call or email Coach Collins
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SPECTATOR PARKING MAP:

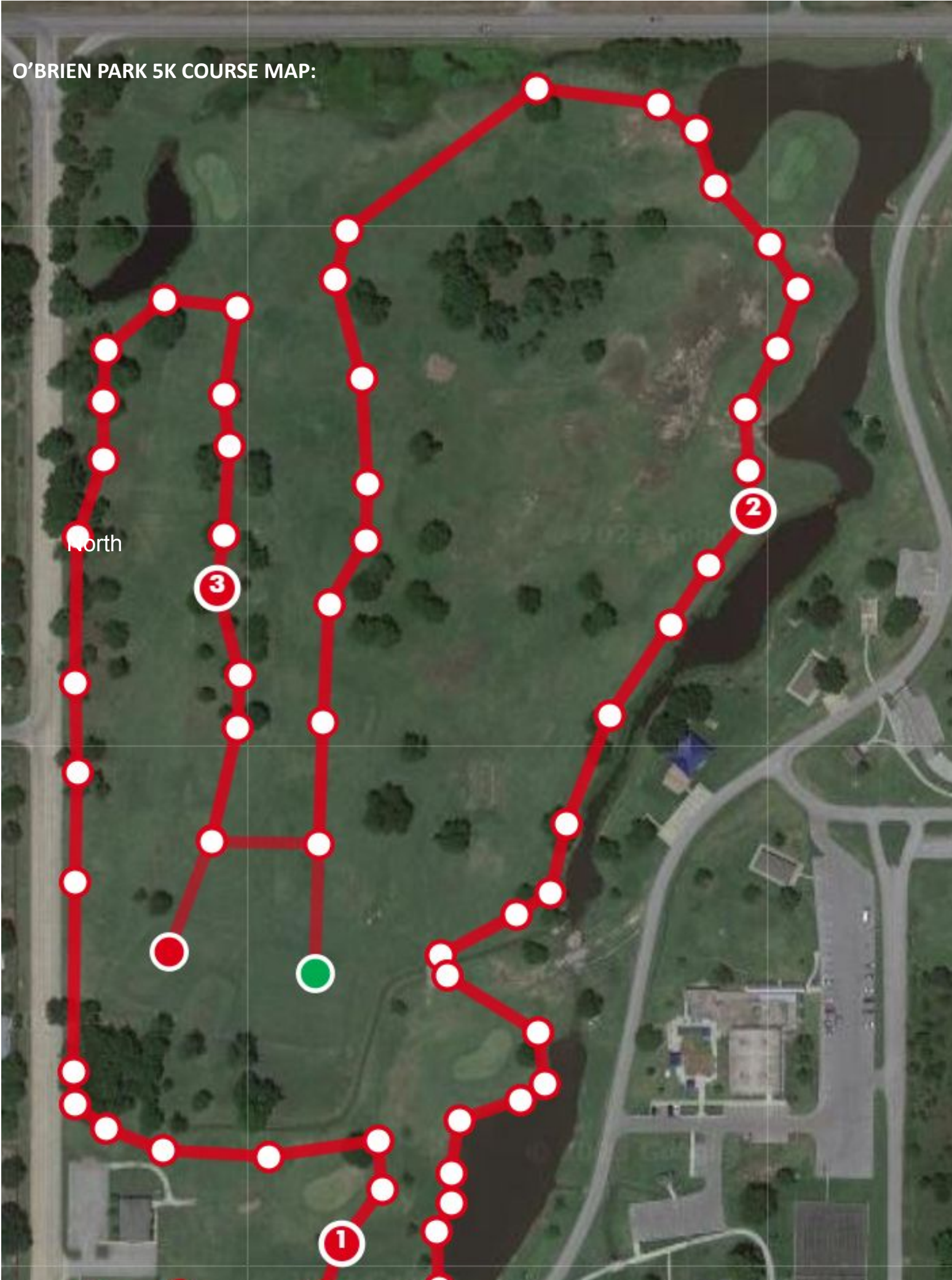


BUS PARKING: Buses will enter the park from Lewis to 61st then to Birmingham Ave on the southeast side of O'Brien. Buses will pull through the Rec Center parking lot to 62nd St. Buses will park nose to tail facing Lewis Ave and drop off athletes there. After the meet buses will exit the park to Lewis Ave. Athletes can board the bus at bus parking or be picked up on the east side of team camps on Lewis Ave.

BUS PARKING MAP:



O'BRIEN PARK 5K COURSE MAP:



North

3

2

1

3

3

5A Box Assignments

5A Girls		5A Boys	
Shawnee	Box 1	Shawnee	Box 1
Nathan Hale	Box 2	Muskogee	Box 2
McAlester	Box 3	Grove	Box 3
East Central	Box 4	Collinsville	Box 4
Grove	Box 5	Glenpool	Box 5
Collinsville	Box 6	Pryor	Box 6
Coweta	Box 7	B.T. Washington	Box 7
Claremore	Box 8	OK Christian School	Box 8
Tulsa Edison	Box 9	Tahlequah	Box 9
Lincoln Christian	Box 10	Lincoln Christian	Box 10
Tahlequah	Box 11	Sapulpa	Box 11
Sapulpa	Box 12	Claremore	Box 12
Pryor	Box 13	Coweta	Box 13
Carl Albert	Box 14	Tulsa Edison	Box 14
Booker T Washington	Box 15	Carl Albert	Box 15
Glenpool	Box 16	East Central	Box 16
Muskogee	Box 17	McAlester	Box 17
OK Christian School	Box 18	Nathan Hale	Box 18
Will Rogers	Box 19	Will Rogers	Box 19

6A Box Assignments

6A Girls		6A Boys	
	Box 1		Box 1
Sand Springs	Box 2	Union	Box 2
Ponca City	Box 3	Sand Springs	Box 3
Bixby	Box 4	Ponca City	Box 4
Westmoore	Box 5	Bartlesville	Box 5
Broken Arrow	Box 6	Jenks	Box 6
Bishop Kelley	Box 7	Moore	Box 7
Choctaw	Box 8	Choctaw	Box 8
Owasso	Box 9	Owasso	Box 9
Edmond North	Box 10	Edmond North	Box 10
Jenks	Box 11	Broken Arrow	Box 11
Bartlesville	Box 12	Westmoore	Box 12
Moore	Box 13	Bishop Kelley	Box 13
Union	Box 14	Bixby	Box 14
Stillwater	Box 15	Enid	Box 15
Enid	Box 16	Putnam City North	Box 16
Putnam City North	Box 17	Stillwater	Box 17
	Box 18		Box 18
	Box 19		Box 19