

2023 COAC & MMSAC CROSS COUNTRY MEET

Date: Tuesday, October 10th, 2023
Hosted By: Deer Creek High School
Location: Deer Creek Cross Country Course
Divisions: High School (Varsity & JV) & Middle School

ON-LINE ENTRIES & CHIP TIMING: All entries will be done on-line at:

www.timeandmeasure.com and all timing and results will be **CHIP TIMED** this year. - - -

ENTRY DEADLINE: Sunday @ 8 PM (10/8/2023) for HS registration and **Sunday @ 8 PM**

(10/8/2023) for MS registration. Here is the link for registration: <https://my.raceresult.com/262855/>

Teams and students must be entered on-line before the deadline by setting up/inputting your roster at **COMPTON TIME AND MEASURE™**. **Teams will not be added at the meet.** Each Team will receive a packet with bibs for each runner. The bib has an RFID chip in it and must be worn on the front (chest area). **Students (or coaches) will not be allowed in the finish area with their bibs with them.** If you need assistance entering at **COMPTON TIME AND MEASURE™**, contact David Riden at davidriden@dcsok.org or Matthew Compton at the following email address: mwc@timeandmeasure.com

Entry Fee: No entry fee for COAC member high school teams
\$240.00 for each Middle School entered in MMSAC

Admission: \$5 per adult and student

Parking: Buses will need to be parked in the NE corner of the PAAC Parking Lot

Schedule:

High School

Middle School

8:00 AM	HS Coaches Meeting	11:10 AM	MS Coaches Meeting
8:30 AM	Varsity Girls (7 runners) 5000m	11:30 AM	7th Grade Girls 2 miles
8:55 AM	Varsity Boys (7 runners) 5000m	11:50 AM	7th Grade Boys 2 miles
9:20 AM	JV Girls (unlimited runners) 5000m	12:10 PM	8th Grade Girls 2 miles
9:45 AM	JV Boys (unlimited runners) 5000m	12:30 PM	8th Grade Boys 2 miles
10:10 AM	HS Awards (medals received in chute) (championship trophies & plaques after results)		

- Races will run on schedule.
- Top 20 runners in each Varsity and JV race will receive medals, and those will be given to runners as they exit the finish chute instead of an awards ceremony.

Contact Information: David Riden (405) 627-5541

Bill Bays (405) 830-0295

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