



Presents the  
**“Significant 7”**  
Open High School Cross Country Meet

This is a unique meet format where each member of a team of 7 runs a separate race against the corresponding members of other teams. The #7 runner is in a race against the #7 runner of the other teams. The #6 competes against the other #6's, and so on until the #1 runners compete in the final race. This is not a relay, but a team score is calculated based on the finishing place of the team member in each race.

**Date:** Thursday, August 31<sup>st</sup> 2023

**Location:** O'Brien Park – 6149 N. Lewis Ave, Tulsa, OK 74130

**Parking:** Enter from E. 66<sup>th</sup> St. N. and park near baseball complex.

**Course:** Race distances are 2 miles for JV and 5000m for Varsity. The course is a gently rolling course on a par 3 golf course. Maps will be sent to registered teams. Restrooms are available on site.

**Race Schedule:**

Packet pick-up 1 hour prior to division race start

Coaches meeting 30 minutes prior to division race start

10:00 A.M. Varsity races start every 10 minutes beginning with the #7 runners.

Varsity boys and girls will compete at the same time.

11:30 P.M. Junior Varsity races start every 10 minutes beginning with the #7

runners. Junior Varsity boys and girls will compete at the same time.

**Varsity Boys and Girls**

#7 runners 10:00 a.m.

#6 runners 10:10 a.m.

#5 runners 10:20 a.m.

#4 runners 10:30 a.m.

#3 runners 10:40 a.m.

#2 runners 10:50 p.m.

#1 runners 11:00 p.m.

### **Junior Varsity Boys and Girls**

#7 runners 11:30 p.m.  
#6 runners 11:40 p.m.  
#5 runners 11:50 p.m.  
#4 runners 12:00 p.m.  
#3 runners 12:10 p.m.  
#2 runners 12:20 p.m.  
#1 runners 12:30 p.m.

**Awards:** Medals will be awarded to the top 5 male and female finishers in each race. Team plaques will go to the first and second place male and female teams based on cumulative finish place points of the #1-5 runners.

**Results:** Meet timing and results provided by [Twelve1running.com](http://Twelve1running.com).

**Entry fee:** Varsity \$80 per team (if both boys and girls \$150), JV \$55 per team (if both boys and girls \$100) Individuals – Less than 5 runners, \$20 per person. If fewer than 5 runners, they will run in the races with that number. For example, if you only have 3 runners, they will run in the #3, #2, and #1 races. Make checks out to Tulsa Public Schools Athletics. Invoices available on request.

**On-Line Entries:** Coaches must submit all entries on the ENDURO USA™ website: [www.endurousa.com](http://www.endurousa.com). **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** Teams will not be added at the meet. **Deadline for registration is Tuesday, August 29<sup>th</sup> at 6:00 P.M.** Complete ALL of the steps on the “Entries Window.” Make sure to “VERIFY.” If you need help with your ENDURO USA™ account, please email your questions to [jhughes@elginps.net](mailto:jhughes@elginps.net).

**Contact Information:** For more information contact Steve Friebus, [friest@tulsaschools.org](mailto:friest@tulsaschools.org). We look forward to seeing you at this exciting format.  
Cell: (918) 521-6339 Office: (918) 746-6452



# Boys Significant 7

Place | Team Score

School	7 <sup>th</sup>	6 <sup>th</sup>	5 <sup>th</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	Team Total

- Tie breakers determined by 5<sup>th</sup> runner
- Highlighted gray columns not calculated in team score.



# Girls Significant 7

Place | Team Score

School	7 <sup>th</sup>	6 <sup>th</sup>	5 <sup>th</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	Team Total

- Tie breakers determined by 5<sup>th</sup> runner
- Highlighted gray columns not calculated in team score.