



Presents the
“Significant 7”

Open Junior 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 31st 2023

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

Parking: Enter from E. 66th St. N. and park near baseball complex.

Course: Race distance is 2 miles for JH. 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 race start.

10:00 A.M. Races start every 10 minutes beginning with the #7 runners. Boys and girls will compete at the same time.

Junior High Boys and Girls

#7 runners 4:30 p.m.

#6 runners 4:40 p.m.

#5 runners 4:50 p.m.

#4 runners 5:00 p.m.

#3 runners 5:10 p.m.

#2 runners 5:20 p.m.

#1 runners 5:30 p.m.

The start time may be adjusted to a later start depending on heat and weather conditions.

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.

Entry fee: Junior High \$60 per team (if both boys and girls \$100). Individuals – Less than 5 runners, \$15 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.

On-Line Entries: Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** Teams will not be added at the meet. **Deadline for registration is Tuesday, August 29th 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.

Contact Information: For more information contact Steve Friebus, friest@tulaschools.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 th	6 th	5 th	4 th	3 rd	2 nd	1 st	Team Total

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



Girls

Significant 7

Place | Team Score

School	7 th	6 th	5 th	4 th	3 rd	2 nd	1 st	Team Total

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