



OSSAA CROSS COUNTRY 5A/6A EAST REGIONAL

DATE: Saturday, October 25th, 2025

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

<https://ok.milesplit.com/meets/698619-ossaa-regional-6a-owasso-2025>

Regionals - Opens Friday, October 17th @ 5:00 PM. Closes Wednesday, October 22nd @ 11:59 PM.

Coaches may enter only 7 runners to the meet. If needed, changes to your roster can be made at the timing tent before the coaches meeting.

Please email your questions to: josh@crossroadstiming.com **ALL athletes will receive a bib with a timing chip. Bibs must match runners or risk being disqualified.**

MEET RULES: Teams may run only 7 or less runners in the race. Each runner should wear 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 onsite.

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 alleviate the stress of holding a spot on the line and will help give everyone a fair start. Box assignments are listed on the final pages below.

ACADEMIC ACHIEVEMENT AWARD APPLICATION:

The Academic Achievement Award application must be postmarked or faxed no later than October 27th for classes 5A-6A.

https://docs.google.com/forms/d/e/1FAIpQLSdILL6qJFwz_8T_CQrYQ_aCh26kv5QKoPNC205el53kxZB6EQ/viewform

STATE ENTRIES: If your team qualifies for state, you are able to change your rosters (if needed) after Regionals.

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 parking lot entrance. Playoff passes will be accepted. Please encourage your spectators to pre-pay to speed up the line.

2025 CROSS COUNTRY STATE TOURNAMENT PROGRAMS:

The 2025 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 entering the park to ease traffic jams. Spectators will exit off of Birmingham Ave to 61st on the south side of the park.

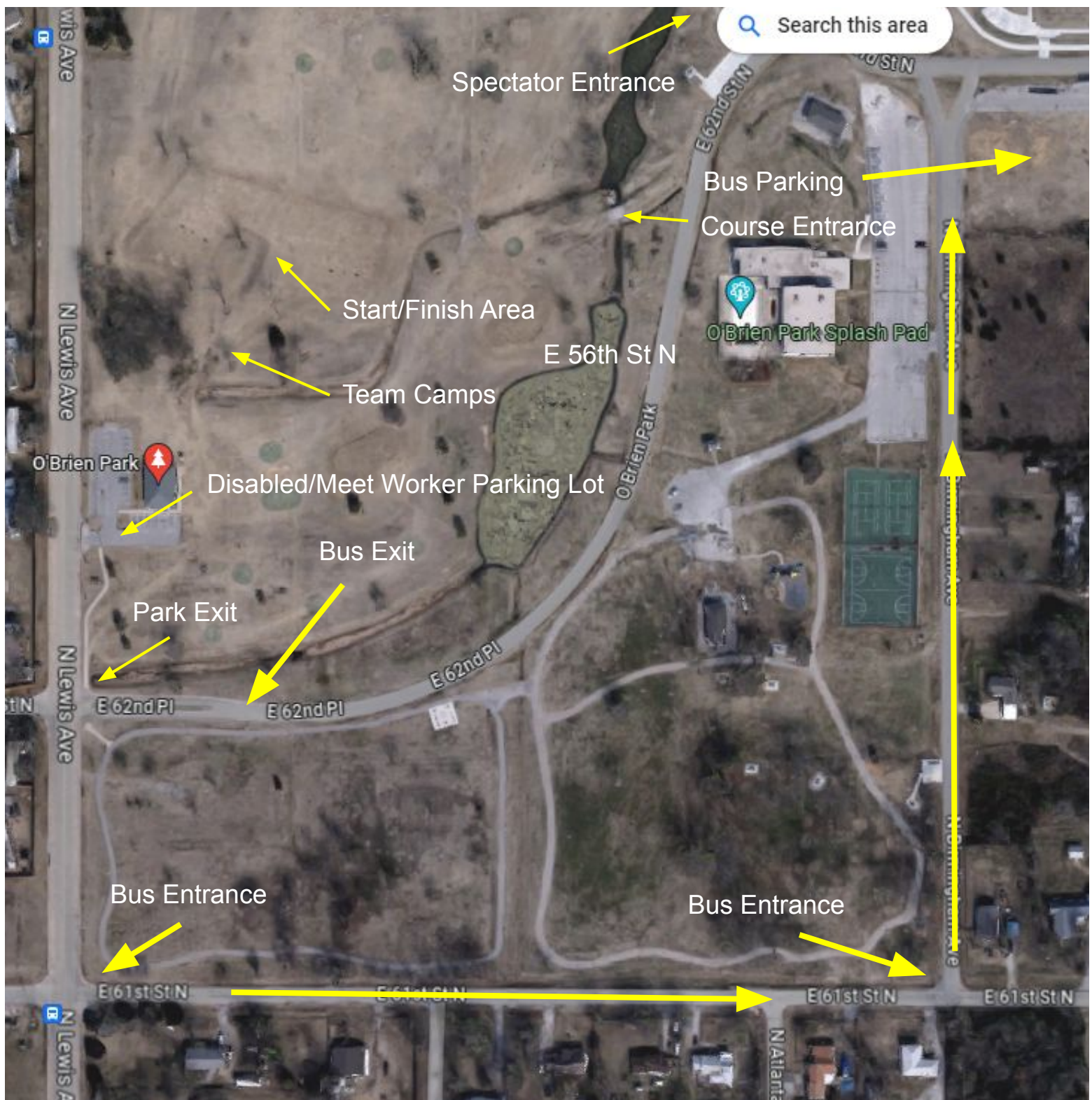
Tickets will be taken at the park entrance. Spectator parking will be in the parking lot south of the baseball fields and football fields on the east side of the park. Disabled parking will be in the parking lot closest to the start/finish area at the clubhouse building. The clubhouse lot will be closed to anyone but disabled spectators and meet workers. No coaches will be allowed to park in the clubhouse parking lot.

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



BUS PARKING: Buses will enter the park from Lewis to 61st then to Birmingham Ave on the southeast side of O'Brien. Buses will park in the grass field to the north east of the Rec Center. Coaches and Athletes will enter the course via the bridge on the east side of the course. Team camps will be south of the Start/Finish area. Busses will exit the park via E 56th st to N Lewis Avenue.

BUS PARKING MAP:



O'BRIEN PARK 5K COURSE MAP

North

Course starts and finishes on the tee box north of the clubhouse. 5k is a two lap course.



5A Box Assignments

5A Girls	5A Boys
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Santa Fe South	Box 1	Will Rogers	Box 1
Nathan Hale	Box 2	Santa Fe South	Box 2
Glenpool	Box 3	Grove	Box 3
Durant	Box 4	East Central	Box 4
Coweta	Box 5	Coweta	Box 5
Tahlequah	Box 6	Tahlequah	Box 6
Claremore	Box 7	Carl Albert	Box 7
Carl Albert	Box 8	Collinsville	Box 8
Bishop Kelley	Box 9	Bishop Kelley	Box 9
Tulsa Edison	Box 10	Pryor	Box 10
Collinsville	Box 11	Claremore	Box 11
BTW	Box 12	Tulsa Edison	Box 12
Douglas	Box 13	Durant	Box 13
East Central	Box 14	Douglas	Box 14
Grove	Box 15	Glenpool	Box 15
Pryor	Box 16	Nathan Hale	Box 16
Tulsa Memorial	Box 17	BTW	Box 17
Will Rogers	Box 18	Tulsa Memorial	Box 18

6A Box Assignments

6A Girls		6A Boys	
	Box 1		Box 1
Union	Box 2	Ponca City	Box 2
Muskogee	Box 3	Choctaw	Box 3
Broken Arrow	Box 4	Sapulpa	Box 4
Sapulpa	Box 5	Bixby	Box 5
Choctaw	Box 6	Owasso	Box 6
Westmoore	Box 7	Norman North	Box 7
Owasso	Box 8	Jenks	Box 8
Jenks	Box 9	Mustang	Box 9
Piedmont	Box 10	Piedmont	Box 10
Bixby	Box 11	Westmoore	Box 11
Norman North	Box 12	Broken Arrow	Box 12
Mustang	Box 13	Bartlesville	Box 13
Bartlesville	Box 14	Lawton Ike	Box 14
Lawton Ike	Box 15	Muskogee	Box 15
Ponca City	Box 16	Sand Springs	Box 16
Sand Springs	Box 17	Union	Box 17
	Box 18		Box 18
	Box 19		Box 19