



OSSAA CROSS COUNTRY 5A/6A EAST REGIONAL

DATE: Saturday, October 24th, 2026

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

STARTING TIMES:

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

ENTRIES: All team entries must be completed online at

<https://ok.milesplit.com>

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.**

State meet date, order and times can be found in the XC manual on www.ossaa.com

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. Box assignments are listed on the final pages below.

ACADEMIC ACHIEVEMENT AWARD APPLICATION:

The Academic Achievement Award application is due no later than October 25th for Classes A, 2A, 3A and 4A. You can find the online application on the cross country page of our website, OSSAA.com, or click the link. <https://forms.gle/e2VbUxmZ7qdLF2M79>

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

COST: Encourage your fans to buy tickets online before they get to the gate. Regionals: \$8.00 + fee online, or \$11.00 cash at the gate State: \$11.00 + fee online, or \$14.00 cash at the gate The link for Regional and State Cross Country Meet online tickets can be found on the home page of www.ossaa.com.

2026 CROSS COUNTRY STATE TOURNAMENT PROGRAMS:

Program information for the 2026 State tournament should include a 300 dpi picture and a roster of your team or individual qualifier. Please email both to rod.coulter@vype.com. There is no charge to be included in the program. Please submit your program picture and roster immediately after learning your team or individual has qualified.

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

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 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. Buses will exit the park via E 56th st to N Lewis Avenue.

BUS PARKING MAP:





Mile 1

Mile 2

Mile 3

O'Brien Park 5k XC Course

5A Box Assignments

5A Girls	5A Boys
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Claremore	Box 1	Claremore	Box 1
Pryor	Box 2	Pryor	Box 2
Newcastle	Box 3	Newcastle	Box 3
Memorial	Box 4	Memorial	Box 4
McAlester	Box 5	McAlester	Box 5
Glenpool	Box 6	Glenpool	Box 6
Tahlequah	Box 7	Tahlequah	Box 7
Coweta	Box 8	Coweta	Box 8
Bishop Kelley	Box 9	Bishop Kelley	Box 9
Sapulpa	Box 10	Sapulpa	Box 10
Edison	Box 11	Edison	Box 11
Collinsville	Box 12	Collinsville	Box 12
East Central	Box 13	East Central	Box 13
Grove	Box 14	Grove	Box 14
McClain	Box 15	McClain	Box 15
Nathan Hale	Box 16	Nathan Hale	Box 16
Noble	Box 17	Noble	Box 17
Will Rogers	Box 18	Will Rogers	Box 18

6A Box Assignments

6A Girls	6A Boys
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	Box 1		Box 1
Sand Springs	Box 2	Sand Springs	Box 2
Muskogee	Box 3	Muskogee	Box 3
Bartlesville	Box 4	Bartlesville	Box 4
Westmoore	Box 5	Westmoore	Box 5
Broken Arrow	Box 6	Broken Arrow	Box 6
Mustang	Box 7	Mustang	Box 7
Deer Creek	Box 8	Deer Creek	Box 8
Jenks	Box 9	Jenks	Box 9
Owasso	Box 10	Owasso	Box 10
Yukon	Box 11	Yukon	Box 11
Enid	Box 12	Enid	Box 12
BTW	Box 13	BTW	Box 13
Ponca City	Box 14	Ponca City	Box 14
Putnam City	Box 15	Putnam City	Box 15
Stillwater	Box 16	Stillwater	Box 16
Union	Box 17	Union	Box 17
	Box 18		Box 18