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**NOTE: ALL NEW RULES, REGULATIONS AND POLICIES ARE UNDERLINED****I. INTRODUCTION****A. Purpose**

The girls and boys cross country manual has been designed and prepared to provide general information and for use in the administration of cross country meets. A copy of this manual has been sent to each girls and boys high school coach of cross country in the state. We believe many of your questions will be answered by your thorough review of the contents of this manual.

**II. CROSS COUNTRY CALENDAR FOR THE 2009-10 SCHOOL YEAR**

- A. First contest August 11 or first day of school whichever is first- Refer to Rule 15 (Beginning & Ending Season Rule)
- B. Contest limits for 2009 season
  - 1. High School teams are limited to eight meets, four of which must occur when there is no loss of instructional time, including travel time.
  - 2. Junior High Schools are limited to six meets, three of which must occur when there is no loss of instructional time, including travel time.
- C. Off season practice - Summer practice - First practice day - No restrictions
- D. **Regional entry forms can be found in the OSSAA ENTRY FORMS AND APPLICATIONS BOOKLET located in the principal or athletic director's office.** Must be in the OSSAA office no later than – October 5, 2009 For classes 2A-3A. October 12, 2009 for classes 4A-6A.
- E. Cross Country rating form due in the OSSAA office postmarked no later than October 5, 2009 for classes 2A-3A. October 12, 2009 for classes 4A-6A.
- F. Regional assignments released no later than October 9, 2009 for classes 2A-3A. October 16, 2009 for classes 4A-6A.
- G. Cross Country Regional meets – October 17, 2009 for classes 2A, 3A and October 24, 2009 for classes 4A, 5A & 6A.
- H. **Academic Achievement Award can be found in the OSSAA ENTRY FORMS AND APPLICATIONS BOOKLET located in the principal or athletic director's office.** Must be postmarked no later than – October 19, 2009 or faxed no later than October 20, 2009 for classes 2A, 3A and October 26, 2009 or faxed no later than October 27, 2009 for classes 4A, 5A & 6A.
- I. Cross Country State meets – October 24, 2009 for classes 2A, 3A at Gordon Cooper Vo-tech (Shawnee) and October 31, 2009 for classes 4A, 5A & 6A at Mitch Park in Edmond.
- J. Cross Country Coaches Advisory Committee Meeting – November 3, 2009 (4:00 p.m. OSSAA office)

**III. CROSS COUNTRY REGULATIONS**

- A. Figures from 2008-09 ADM will be used for classification if available from the SDE two weeks prior to regional assignments being released. If the ADM sheets are not available on time, schools will be classified using the preceding years ADM (2007-08).

2009 Classification

  - a) Class 6A - 32 school having the largest ADM
  - b) Class 5A - the next 40 schools by ADM
  - c) Class 4A - the next 56 schools by ADM
  - d) Class 3A - the next 72 schools by ADM
  - e) Class 2A - All remaining schools
- B. Regional and State Meets
  - 1. There will be three (3) regional meets in class 2A & 3A and two (2) regional meets for classes 4A, 5A, & 6A. The regional meets will be held on Saturday, October 17, 2009 for classes 2A, 3A and Saturday October 24, 2009 for classes 4A, 5A & 6A. Schools will be assigned by the association to regional sites. Regional assignments will be posted on the OSSAA website ([www.ossaa.com](http://www.ossaa.com)) no later than October 9, 2009, for classes 2A-3A. October 16, 2009 for classes 4A-6A. Each coach shall provide a complete roster of participants for the referee at the starting line 5 minutes before the start of the race.
    - a) Regional classes 2A-3A at Coweta, Lindsay and Chisholm-October 17, 2009 and classes 6A, 5A & 4A at Norman and O'Brian Park (Tulsa)-October 24, 2009.
    - b) State Meets – Classes 2A-3A at Gordon Cooper Vo-tech (Shawnee) – October 24, 2009 and Classes 4A, 5A & 6A at Mitch Park in Edmond – October 31, 2009.
  - 2. Practice or competition in athletics will not be allowed on a site after the site has been announced in any play-off activity except for a regularly scheduled contest or the host school may practice at the site if that is the team's regular practice site.
  - 3. The Regional and state course will be open at 12:00 noon the day before competition and closed at 12:00 noon day of competition.

4. Regional Meet Schedules – Coaches meeting will be held one hour before the start of each regional meet.
- |   |              |   |              |
|---|--------------|---|--------------|
| <u>Saturday, October 17, 2009 for classes 2A-3A</u> |              | <u>Saturday, October 24, 2009 for classes 4A, 5A &amp; 6A</u> |              |
| <b>TIME</b>   | <b>CLASS</b> | <b>TIME</b>   | <b>CLASS</b> |
| 10:00 a.m.  | 2A Girls     | 10:00 a.m.  | 4A Girls     |
| 10:45 a.m.  | 2A Boys      | 10:45 a.m.  | 4A Boys      |
| 11:30 a.m.  | 3A Girls     | 12:00 p.m.  | 5A Girls     |
| 12:15 p.m.  | 3A Boys      | 12:45 p.m.  | 5A Boys      |
|   |              | 2:00 p.m.   | 6A Girls     |
|   |              | 2:45 p.m.   | 6A Boys      |
5. State Meet Schedules-Coaches meeting for 2A, 3A will be held at 9:00 a.m. in the auditorium and 10:30 a.m. at the scoring tent. Coaches meeting for 4A-6A will be held at 9:00 a.m., 11:15 a.m. and 1:15 p.m. at the scoring tent.
6. Saturday, October 24, 2009 at Gordon Cooper Vo-tech (Shawnee) for classes 2A-3A
- |             |              |             |              |
|-------------|--------------|-------------|--------------|
| <b>TIME</b> | <b>CLASS</b> | <b>TIME</b> | <b>CLASS</b> |
| 10:00 a.m.  | 2A Girls     | 10:00 a.m.  | 4A Girls     |
| 10:45 a.m.  | 2A Boys      | 10:45 a.m.  | 4A Boys      |
| 11:30 a.m.  | 3A Girls     | 12:00 p.m.  | 5A Girls     |
| 12:15 p.m.  | 3A Boys      | 12:45 p.m.  | 5A Boys      |
|             |              | 2:00 p.m.   | 6A Girls     |
|             |              | 2:45 p.m.   | 6A Boys      |
- Saturday, October 31, 2009 at Mitch Park in Edmond. for classes 4A, 5A & 6A
- |             |              |             |              |
|-------------|--------------|-------------|--------------|
| <b>TIME</b> | <b>CLASS</b> | <b>TIME</b> | <b>CLASS</b> |
| 10:00 a.m.  | 4A Girls     | 10:00 a.m.  | 4A Girls     |
| 10:45 a.m.  | 4A Boys      | 10:45 a.m.  | 4A Boys      |
| 12:00 p.m.  | 5A Girls     | 12:00 p.m.  | 5A Girls     |
| 12:45 p.m.  | 5A Boys      | 12:45 p.m.  | 5A Boys      |
| 2:00 p.m.   | 6A Girls     | 2:00 p.m.   | 6A Girls     |
| 2:45 p.m.   | 6A Boys      | 2:45 p.m.   | 6A Boys      |
- Awards Assemblies for classes 2A-3A  
 Class 2A – 11:30 a.m.  
 Class 3A – 1:00 p.m.
- Awards Assemblies for classes 4A, 5A & 6A  
 Class 4A – 11:30 p.m.  
 Class 5A – 1:30 p.m.  
 Class 6A – 3:30 p.m.
- C. Ticket Prices - Admission prices have been set by the Board of Directors
- Regionals - \$5.00 for adults and \$5.00 for students (K through 12).
  - State - \$5.00 for adults and \$5.00 for students (K through 12).
- D. State Qualifiers  
Classes 2A & 3A the top five (5) teams and the top 5 (five) individuals not on a qualifying team from each regional will qualify for state.  
In 4A, 5A & 6A the top seven (7) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. Teams shall be seeded for the state meet based on regional results. Preferred starting positions shall be the middle of the starting line, working outward. All individual qualifiers shall be assigned to that outside position. If a regional does not have (5) teams in 2A & 3A and (7) teams in 4A, 5A & 6A the other regional will qualify additional (teams) in order of placement to equal (15) teams for 2A & 3A and (14) teams for 4A, 5A, & 6A to the state cross country meet.
- E. Entry Forms  
 The entry form deadline is October 5, 2009 for classes 2A, 3A. October 12, 2009 for classes 4A-6A. It is not necessary to send an entry fee as your school should have included the cross country fee in the total service fee paid in October. Any entries received seven (7) days past the deadline date will automatically place the cross country team on warning.
- F. Aids and Hepatitis B  
 Please see athletic director or principal for pre-cautionary recommendations concerning AIDS and Hepatitis B.
- G. Regional Awards
- First place team trophy in each class.
  - Individual awards include gold medals for the first five (5) finishers; silver medals for the five (5) second place finishers; bronze medals for the five (5) third place finishers.
- H. State Awards (only the 7 participants permitted on the awards stand at the assembly)
- Championship and runner-up trophies in each class will be given for team awards. Gold medals will be given to each championship team members, silver medals will be given to second place team members and bronze medals will be given to third place team members. Teams will be given a maximum of 7 medals.
  - Individual awards include gold medals for the first five (5) finishers; silver medals for the five (5) second place finishers; bronze medals for the five (5) third place finishers.
- I. Conduct of students
- Please refer to Rule 4 in OSSAA Rules and Regulations Handbook located in the principal or athletic director's office concerning the conduct and fighting rule.
  - It is mandatory that all head coaches remind his/her team that fighting during the post game hand shaking ceremonies or conducting themselves in an unsportsmanlike manner after the game will be severely penalized. The head coach and team will be subject to additional suspension penalties beyond the normal penalties

imposed on fighting and unsportsmanlike acts that occur during the contest. Injuries have occurred because of fans climbing over walls and fences, being trampled, or partaking in dog-pile celebrations, etc. at the conclusion of a contest. Therefore, school administrators should be aware that if their student body and fans come onto the playing area after a contest, penalties may be imposed.

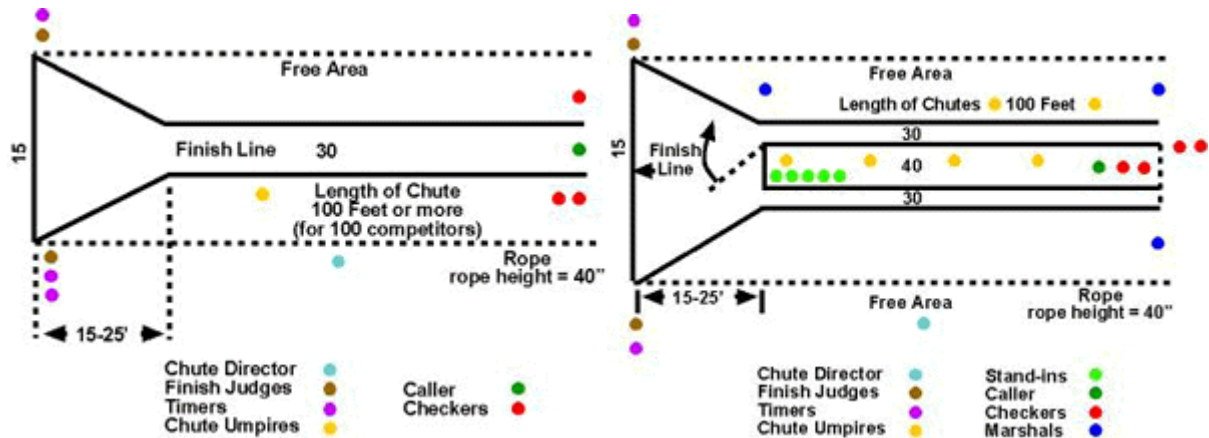
J. Weekly Eligibility

A student's current scholastic eligibility status would not change if an OSSAA play-off contest was delayed into the next week due to inclement weather or other extreme circumstance.

IV. **RULE 9 - THESE RULES HAVE BEEN ADOPTED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS.**

A. Course - Art. 1

1. The cross country run shall be a course 2500 to 5000 m (1 1/2 to 3 mi.) in length as determined by the meet director or games committee.
2. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about 1 ft. square and mounted on stakes which hold them 6 ft. or more above the ground.



Flag Designations

1. A red flag indicates a turn to the left.
2. A yellow flag indicates a turn to the right.
3. A blue flag indicates a course straight ahead.

C. Art. 2

In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.

D. Art. 3 - The race course should include the following features:

1. Signs and flags at least 6 ft. above the ground should be visible for 100 ft. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 ft. wide at its narrowest place. Small survey flags of the appropriate color may be used in lieu of painted lines or survey chalk.
2. No ground obstructions which might cause tripping or turned ankles. No overhead objects such as tree branches lower than 8 ft. above the ground.
3. A 2 in. wide starting line should be marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 ft.
4. At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes. Note: For large meets, the use of a multiple chutes is recommended.

## E. Section 2 - Scoring

1. Art. 1 - Scoring shall be as shown in the following table:

Place:	First	Second	Third	Fourth	Fifth	Sixth,	etc.
Points:	1	2	3	4	5	6	etc.

2. Art. 2 - All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.
3. Art. 3 - If fewer than five competitors of a team finish, (or other number specified by the games committee) the places of all members of that team shall be disregarded and the team scores reranked. By state association adoption, modified scoring system may be used.
4. Art. 4 - Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail.
5. Art. 5 - If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.
6. Art. 6 - The score of a forfeited dual meet in cross country shall be 15-50.

**NOTE:** Rules 2-3-1, 2-3-1, 2, 3, on the correction of errors, also applies to cross country scoring.

## F. Section 3 – Start/Conclusion

1. Art. 1 – A cross country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.
2. Art. 2 – A competitor finishes a cross country race when the torso of the runner breaks the plane of the finish line when using hand- or picture –based timing systems.
3. Art. 3 – Computerized chips may be used to record the finish of a runner in cross country, provided the chips are attached to both shoes of the runner. When chips are used, it is the position of the chip, not the torso, that determines the finishing position of the runner.

## G. Section 4- Officials

1. Art. 1 - The games committee or the meet director shall establish the length of the course, assign the teams by lot to their starting positions, and provide the necessary meet facilities.
2. Art. 2 - Referee - the referee shall make final decisions concerning questions which are not specifically placed under the jurisdiction of other officials and shall disqualify any runner for violation of the rules. (See 9-7)
3. Art. 3 – Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:
  - a. All team members are expected to exhibit good sportsmanship.
  - b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with these rules.
  - c. Any special circumstances, procedures and information pertaining to the meet.
4. Art. 4 – Starter - Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted
  - a. . The command shall be, "On Your Marks." When all competitors are steady, starting device shall be fired. For an unfair start, the starter or assistant starter shall recall the runners by firing the starting device. If a runner falls during the first 100 m due to contact with another runner, the race shall be recalled by firing the starting device.
  - b. Audio/Visual start: When conditions dictate, the starter may use whistle/flag commands along with the starting device. Since this technique is used with a large number of competitors, it is recommended that the starter take a position well in front of the runners so the competitors can see and to be able to move to the side.

- i. Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the start.
- ii. The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
- iii. The starter slowly raises both arms overhead.
- iv. When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race.



The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start.

Note: The use of audio-visual start/count-down time clock is permitted.

5. Art. 5 - Clerk of the Course - the clerk shall place the teams in proper position on the starting line and give all needed instructions. Also, the clerk should check and enforce uniform, visible apparel and shoe regulations.
  6. Art. 6 - Chute Director – The chute director shall:
    - a. Supervise the finish chute during the race finish;
    - b. Assign stand-ins (fillers) to replace any runner who falls and cannot continue through the chute after crossing the finish line;
    - c. Assign gate controllers when more than one chute is used;
    - d. Assign marshals to keep the chute area free of any unauthorized individuals;
    - e. Be certain that chute umpires, callers, checkers and timers are in place when the runners finish the race.
  7. Art. 7 - Finish Judges - the finish judges stand outside the chute, and on the finish line, and determine the order in which runners enter the chute. Their decision is final and without appeal except for possible action taken by the referee or jury of appeals.
  8. Art. 8 - Chute Umpires - the chute umpires supervise the competitors after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that all competitors who cross the finish line are given their proper order as the contestants go through the chute.
  9. Art. 9 - Caller - the caller calls the number of each competitor in the order of his/her proper place in the chute.
  10. Art. 10 - Checkers - the checkers keep a record of the competitors and their order of finish as announced by the caller. In case of conflicts, if two are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision.
  11. Art. 11 - Course Umpires - the course umpires observe the activity of the competitors. If any competitor fails to run the proper course, or otherwise violates the rules, the umpires report the infraction to the referee.
  12. Art. 12 - Timers - record the times of the competitors who finish. A timer may be assigned at a designated spot along the course to call elapsed times during the race.
  13. Art. 13 - Marshals - shall keep the competitive area free from all persons except officials, contestants and other individuals authorized by the games committee.
- H. Section 5 - Teams  
A cross country team is represented by coaches, contestants, managers, trainers and other associated school personnel. A cross country team shall consist of seven members unless otherwise agreed. In cross country, up to seven team members retain their order of finish. Any member beyond seven shall be disregarded and shall not displace any opposing runners
- I. Section 6- Uniforms
1. Art. 1 - Each competitors uniform shall consist of: a) Shoes; b) Full-length cross country top and bottom or one piece uniform issued by the school; Bottoms may vary in length and style but must be the same color and design for all the team members; Loose-fitting, boxer-type bottoms, are permitted for boys and girls. Closed-leg briefs are acceptable for girls; French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name; The top shall not be knotted or have a knot-like protrusion; A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each top, bottom or one-piece uniform; The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom; Any visible shirt(s) worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color except for a single, visible manufacturer's logo as per NFHS rules and/or single school name or insignia no more than 2 ¼ square inches with no dimension more than 2 ¼ inches. Visible items worn under both the top and the bottom do not have to be the same color.

2. Art. 2 – Uniforms must be worn as intended by the manufacturer. The waistband of the competitor's shorts shall be worn above the hips. There shall be no bare midriff.
  3. Art. 3 - A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are not longer than 1 in. The use of slippers or socks does not meet the requirements of the rule.
  4. Art. 4 - Each team member shall wear the same color and design school uniform. Any visible apparel worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.
  5. Art. 5 - A competitor shall wear the assigned unaltered contestant number, when numbers are used and computer chips when those devices are used in competition.
  6. Art. 6 - Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.  
PENALTY: (All articles) For illegal uniform, the competitor is disqualified from the event.
  7. Art. 7 – Jewelry shall not be worn by contestants.
    - a. Medical alert medals are not considered jewelry and must be taped to the body and the alert may be visible.
    - b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
    - c. A watch may be worn around the wrist.
- J. Section 7 - Disqualifications
1. Art. 1 - A competitor who false starts. (See 5-7-3,4)
  2. Art. 2 - A competitor who interferes with another competitor. (See 4-5-3)
  3. Art. 3 - A competitor who is unsporting or uses unacceptable conduct. (See 4-5-1, 2)
  4. Art. 4 - A competitor receives any assistance from any other person who could improve that competitor's performance. (See 4-5-8). Note: Providing liquids during competition is not considered to be an aid or assistance.
  5. Art. 5 - A competitor who fails to complete the prescribed course that is defined by a legal marking system.  
PENALTY: (Articles 1-5) Disqualification from the event.

**V. COACHES' ETHICS AND PROFESSIONAL STANDARDS**

- A. Exemplify the highest moral character, behavior and leadership.
- B. Respect the integrity and personality of the individual athlete.
- C. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
- D. Respect the integrity and judgment of sports officials, never baiting or taunting officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
- E. Demonstrate a mastery of and continuing interest in, coaching principles and techniques through professional improvement.
- F. Encourage and respect for all athletes and their values.
- G. Display modesty in victory and graciousness in defeat.
- H. Promote ethical relations among coaches.
- I. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- J. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- K. Seek to inculcate good health habits, including the establishment of sound training rules.
- L. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
- M. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

**VI. SEE OSSAA ENTRY FORMS AND APPLICATIONS BOOKLET FOR APPLICATION FOR ATHLETIC EVENT (SEE PRINCIPAL OR A.D.)**

VII. TEAM CHAMPIONS (BOYS)

1937	-	Tulsa Central	1976	4A	Northwest	1997	5A	Moore
1938	-	Tulsa Central		3A	Tulsa Kelley		4A	Bishop McGuinness
1939	-	Tulsa Central	1977	4A	Norman		3A	Elk City
1940	-	Tulsa Central		3A	Riverside		2A	Dickson
1941	-	Tulsa Central	1978	4A	Moore		A	Hydro
1942	-	Tulsa Central		3A	Owasso	1998	5A	Jenks
1943	-	Tulsa Central	1979	4A	Edmond		4A	Bishop McGuinness
1944	-	Tulsa Central		3A	Anadarko		3A	Elk City
1945	-	Tulsa Central	1980	4A	Edmond		2A	Dickson
1946	-	Tulsa Rogers		3A	Pryor		A	Oklahoma Christian
1947	-	Tulsa Rogers	1981	4A	Edmond	1999	5A	Edmond Memorial
1948	-	Tulsa Central		3A	Sallisaw		4A	Bishop McGuinness
1949	-	Tulsa Central	1982	4A	Edmond		3A	Little Axe
1950	-	Tulsa Central		3A	Sallisaw		2A	Plainview
1951	-	Tulsa Central	1983	4A	Edmond		A	Carnegie
1952	-	Tulsa Central		3A	Guthrie	2000	5A	Edmond Memorial
1953	-	Tulsa Central	1984	5A	Jenks		4A	Capitol Hill
1954	-	Tulsa Central		4A	Guthrie		3A	Elk City
1955	-	Tulsa Rogers		3A	Bishop McGuinness		2A	Watonga
1956	-	Tulsa Rogers	1985	5A	Edmond		A	Carnegie
1957	-	Tulsa Central		4A	Tulsa Edison	2001	5A	Edmond Memorial
1958	-	Tulsa Rogers		3A	Weatherford & Marlow		4A	Shawnee
1959	-	Tulsa Edison	1986	5A	Jenks		3A	Marlow
1960	-	Tulsa Edison		4A	Western Heights		2A	Watonga
1961	-	Tulsa Central		3A	Marlow		A	Okla. Christian School
1962	-	Tulsa Edison	1987	5A	Edmond	2002	5A	Edmond Memorial
1963	-	Tulsa Central		4A	Western Heights		4A	Shawnee
				3A	Marlow		3A	Marlow
1964	-	2A Ponca City	1988	5A	Jenks		2A	Watonga
		A Sequoyah-Tahlequah		4A	Duncan		A	Hinton
1965	-	2A Tulsa Hale		3A	Marlow	2003	5A	Jenks
		A Sequoyah-Tahlequah	1989	5A	Jenks		4A	Bishop McGuinness
1966	-	2A Tulsa Hale		4A	Altus		3A	Marlow
		A Southeast		3A	Weatherford		2A	Sequoyah (T)
1967	-	2A US Grant	1990	5A	Jenks		A	Hinton
		A Tulsa Kelley		4A	Western Heights	2004	5A	Edmond Memorial
1968	-	2A Northwest		3A	Little Axe		4A	Bishop McGuinness
		A Tulsa Kelley		2A	Beaver		3A	Elk City
1969	-	2A Putnam City	1991	5A	Jenks		2A	Sequoyah (T)
		A Sequoyah		4A	Guthrie		A	Hydro-Eakly
1970	-	4A Tulsa McLain		3A	Marlow	2005	5A	Mustang
		3A Tulsa Webster		2A	Keyes		4A	Bishop Kelley
1971	-	4A Tulsa Edison	1992	5A	Jenks		3A	Elk City
		3A Tulsa Kelley and Broken Arrow		4A	Bishop McGuinness		2A	Sequoyah (T)
1972	-	4A Tulsa Hale		3A	Marlow		A	Okla. Bible Academy
		3A Riverside		2A	Riverside	2006	5A	Mustang
1973	-	4A Putnam City	1993	5A	Jenks		4A	Deer Creek
		3A Tulsa Kelley		4A	Bishop McGuinness		3A	Madill
1974	-	4A Tulsa Hale and Putnam City		3A	Marlow		2A	Sequoyah (T)
		3A Tulsa Kelley		2A	Sequoyah-Tahleq.		A	Okla. Bible Academy
1975	-	4A Putnam City	1994	5A	Jenks	2007	5A	Tulsa Union
		3A Tulsa Kelley		4A	Guthrie		4A	Deer Creek
				3A	Little Axe		3A	Madill
				2A	Lindsay		2A	Metro Christian
							A	Hooker
			1995	5A	Edmond Memorial	2008	6A	Union
				4A	Bishop McGuinness		5A	Bishop Kelley
				3A	Little Axe		4A	Madill
				2A	Sequoyah-Tahleq.		3A	Metro Christian
			1996	5A	Edmond Memorial		2A	Oklahoma Bible Aca.
				4A	Bishop McGuinness			
				3A	Elk City			
				2A	Dickson			
				A	Hydro			

## VIII. INDIVIDUAL CHAMPIONS (BOYS)

1937	-	Carl Ridens	Guthrie	1975	-	4A Tom Story	Midwest City
1938	-	Mode Perry	Tulsa			3A Mark Littlebear	Sequoyah-Tahlequah
1939	-	Ted Roberts	Classen	1976	-	4A John Miley	Northwest
1940	-	Ted Roberts	Classen			3A Pat Vaughan	Union
1941	-	James Woodward	OKC Central	1977	-	4A John Miley	Northwest
1942	-	Bob Letson	Tulsa Rogers			3A Tom Horn	Bixby
1943	-	Eldon Ferguson	Tulsa Central	1978	-	4A Greg Avery	Ponca City
1944	-	R.C. Slocum	Tulsa Central (OU & OSU)			3A Tom Horn	Bixby
1945	-	Carl Jacobsen	Tulsa Central (OU)	1979	-	4A Dallas Cox	Muskogee
		R.C. Slocum	Tulsa Central (OSU)			3A Lamont Frazier	Sequoyah-Tahlequah
1946	-	Dick Willey	Tulsa Rogers (OU)	1980	-	4A Kevin Thatcher	Edmond
		Billy Ward	Tulsa Rogers (OSU)			3A Joe Scott	Western Heights
1947	-	Bruce Drummond	Tulsa Central (OU)	1981	-	4A Kevin Thatcher	Edmond
		Dick Willey	Tulsa Rogers (OSU)			3A Joe Atkin	Sallisaw
1948	-	Bruce Drummond	Tulsa Central (OU & OSU)	1982	-	4A Mike Bilyeu	Tulsa Hale
1949	-	Derald Smith	Capitol Hill (OU & OSU)			3A Ronald Lee	Sallisaw
		George Gilmour	Tulsa Central (OSU)	1983	-	4A Cary Brady	Norman
1950	-	Donald Ladd	Capitol Hill (OU & OSU)			3A Paul Dreesen	Guthrie
1951	-	Bob Buchanan	Stillwater (OU & OSU)	1984	-	5A Donnie Childs	Enid
1952	-	Bob Buchanan	Stillwater (OU)			4A Paul Dreesen	Guthrie
		Bobby Cave	Stillwater (OU)			3A Bobby Kauliaty	Anadarko
1953	-	Ron Wade	Tulsa Central (OU & OSU)	1985	-	5A Donnie Childs	Enid
1954	-	Floyd Cumbey	Tulsa Central (OU)			4A Bryan Walker	Duncan
		Laddie Nethercutt	Capitol Hill (OSU)			3A David LaCour	Weatherford
1955	-	Clyde Davidson	Tulsa Rogers	1986	-	5A Bryan Yockers	Bartlesville
1956	-	Harold Smith	Tulsa Rogers			4A Larry Rippee	Noble
1957	-	Harold Smith	Tulsa Rogers			3A Brent Johnson	Heritage Hall
1958	-	Ted Riesinger	Tulsa Rogers	1987	-	5A Joe Weis	Stillwater
1959	-	John English	Tulsa Edison			4A Danny Walker	Western Heights
1960	-	John English	Tulsa Edison			3A Bren Johnson	Heritage Hall
1961	-	George Stroup	Tulsa Edison	1988	-	5A Tommy Green	Norman
1962	-	Ray Smith	Tulsa Rogers			4A Danny Walker	Western Heights
1963	-	Bob Arnold	Tulsa Rogers			3A David Wahley	Marlow
1964	-	2A Charles Brown	Ponca City	1989	-	5A Tyson Echelle	Stillwater
		A Willie Rios	Lawton Eisenhower			4A Mike Parker	Ardmore
1965	-	2A Willie Rios	Lawton Eisenhower			3A Calley Williamson	Sulphur
		A Tommy Ward	McAlester	1990	-	5A Erick Richard	Jenks
1966	-	2A Ron Majors	Enid			4A Mike Parker	Ardmore
		A Bill Hornbosted	Stillwater			3A Tori Holcomb	Weatherford
1967	-	2A Ron Majors	Enid			2A Travis Taber	Beaver
		A Terry Ziegler	Tulsa Kelley	1991	-	5A Erick Richard	Jenks
1968	-	2A Randy Heierding	Putnam City			4A Phillip Price	Catoosa
		A Wayne Wallgren	Choctaw			3A Tori Holcomb	Weatherford
1969	-	2A Kim Wilson	Enid			2A Darin Bell	Beaver
		A John Gula	Stillwater	1992	-	5A Brian Young	Jenks
1970	-	4A John Womack	Ponca City			4A Phillip Price	Catoosa
		3A Lyn Long	Marlow			3A R.J. Albaugh	Weatherford
1971	-	4A Bill Welch	Tulsa Edison			2A Robert Bark	Seq.-Tahlequah
		3A Chuck Barkley	Classen	1993	-	5A Brian Young	Jenks
1972	-	4A Dave Sanders	Tulsa Edison			4A Cornelius Mason	Northeast
		3A Chuck Barkley	Classen			3A Craig Blanchard	Little Axe
1973	-	4A Brent Schooley	John Marshall			2A Mark Levings	Buffalo
		3A Randy Prophet	Laverne				
1974	-	4A Tom Story	Midwest City				
		3A Tom Laden	Tulsa Kelley				

**Cross Country**

**2009-10**

**Boys Individual Champions (continued)**

1994	-	5A	Mark Thompson	Edmond Memorial	2007	-	5A	Steven Baker	Tulsa Union
		4A	Cornelius Mason	Bishop McGuinness			4A	AdamYoung	Deer Creek
		3A	David Lampkin	Dickson			3A	Isbek Salinas	Madill
		2A	Zac Johnson	Velma-Alma			2A	Ryan Schooley	Metro Christian
1995	-	5A	Mark Thompson	Edmond-Memorial			A	Eidson Cale	Calera
		4A	Taylor Styron	Bishop McGuinness	2008	-	6A	Steven Baker	Tulsa Union
		3A	Jeremy Johnson	Little Axe			5A	Dakota Buck	Deer Creek
		2A	Mylo Miller	Velma-Alma			4A	Ramirro Becerra	Santa Fe South
1996	-	5A	Mark Thompson	Edmond Memorial			3A	Lucien Carriveau	Riverside
		4A	Kevin Connolly	Bishop McGuinness			2A	Cale Edison	Calera
		3A	Kevin Minson	Marlow					
		2A	Bobby Holmes	Chandler					
		A	Herbie Pebeashy	Hydro					
1997	-	5A	Clay Cosby	Jenks					
		4A	Kevin Connolly	Bishop McGuinness					
		3A	Albert Kelly	Bristow					
		2A	David Lampkin	Dickson					
		A	Herbie Peabeashy	Hydro					
1998	-	5A	Chris McWatters	Moore					
		4A	Kevin Connolly	Bishop McGuinness					
		3A	Patrick McGuire	Plainview					
		2A	Steve Sawyer	Chisholm					
		A	Mylo Miller	Velma-Alma					
1999	-	5A	Joey McNair	Bartlesville					
		4A	Brett Lowry	Bishop McGuinness					
		3A	Travis Johnson	Elk City					
		2A	Patrick McGuire	Plainview					
		A	Lucian Bliss	Carnegie					
2000	-	5A	Rem Moll	Jenks					
		4A	Marco Jimenez	Capitol Hill					
		3A	Chris McHone	Elk City					
		2A	Patrick McGuire	Plainview					
		A	Erin Rooney	Oklahoma Christian					
2001	-	5A	Chase Hall	Jenks					
		4A	Erik Hurst	Shawnee					
		3A	Chris Orsburn	Little Axe					
		2A	Patrick McGuire	Plainview					
		A	Justin Edsall	Lomega					
2002	-	5A	Aaron Snyder	Mustang					
		4A	Tyler Kelley	Bishop Kelley					
		3A	Josh Stewart	Byng					
		2A	Jason Coleman	Watonga					
		A	Justin Edsall	Lomega					
2003	-	5A	Brian Gosnell	Tahlequah					
		4A	Preston Swanson	Guthrie					
		3A	Josh Stewart	Byng					
		2A	Matt Blackwell	Tishomingo					
		A	Cass Jaques	Hinton					
2004	-	5A	Kevin Schwab	Mustang					
		4A	Lance Goodwin	Harrah					
		3A	Isaac Garcia	Victory Christian					
		2A	Phillip Melott	Watonga					
		A	Marshall Summa	Mt. Saint Mary					
2005	-	5A	Kevin Swhwab	Mustang					
		4A	Roland Vasquez	Altus					
		3A	Stormey Duncan	Marlow					
		2A	Josh Doyel	Watonga					
		A	Riley Voth	Hooker					
2006	-	5A	Kevin Schwab	Mustang					
		4A	Brice Irving	Skiatook					
		3A	Isbek Salinas	Madill					
		2A	Josh Doyel	Watonga					
		A	Jordan Rouintree	Oilton					

## IX. TEAM CHAMPIONS (GIRLS)

1975	-	Edmond	1995	-	5A Jenks	2007	-	5A Edmond North
1976	-	Union			4A Bishop McGuinness			4A Bishop McGuinness
1977	-	4A Edmond			3A Plainview			3A Madill
		3A Union			2A Velma-Alma			2A Plainview
1978	-	4A Edmond	1996	-	5A Westmoore			A Watonga
		3A Union			4A Bishop McGuinness	2008	-	6A Westmoore
1979	-	4A Edmond			3A Marlow			5A Bishop McGuinness
		3A Union			2A Lexington			4A Seminole
1980	-	4A Norman			A Velma-Alma			3A Plainview
		3A Union	1997	-	5A Sapulpa			2A Thomas
1981	-	4A Norman			4A Bishop McGuinness			
		3A Union			3A Little Axe			
1982	-	4A Edmond			2A Lexington			
		3A Sallisaw			A Velma-Alma			
1983	-	4A Edmond	1998	-	5A Mustang			
		3A Sallisaw			4A Bishop McGuinness			
1984	-	5A Edmond			3A Little Axe			
		4A Pryor			2A Warner			
		3A Alva			A Velma-Alma			
1985	-	5A Jenks	1999	-	5A Jenks			
		4A Tulsa Kelley			4A Bishop McGuinness			
		3A Alva			3A Elk City			
1986	-	5A Tahlequah			2A Plainview			
		4A Tulsa Kelley			A Canton			
		3A Grove	2000	-	5A Jenks			
1987	-	5A Jenks			4A Bishop McGuinness			
		4A Pryor			3A Marlow			
		3A Bishop McGuinness			2A Plainview			
1988	-	5A Jenks			A Okla. Bible Academy			
		4A Pryor	2001	-	5A Jenks			
		3A Bishop McGuinness			4A Bishop McGuinness			
1989	-	5A Jenks			3A Madill			
		4A Pryor			2A Plainview			
		3A Marlow			A Okla. Bible Academy			
1990	-	5A Jenks	2002	-	5A Jenks			
		4A Bishop McGuinness			4A Bishop McGuinness			
		3A Marlow			3A Jay			
		2A Hennessey			2A Watonga			
1991	-	5A Bartlesville			A Carnegie			
		4A Tahlequah	2003	-	5A Mustang			
		3A Marlow			4A Guthrie			
		2A Beaver			3A Madill			
1992	-	5A Moore			2A Plainview			
		4A Bishop McGuinness			A Carnegie			
		3A Plainview	2004	-	5A Mustang			
		2A Seq.-Tahlequah			4A Bishop McGuinness			
1993	-	5A Bartlesville			3A Jay			
		4A Bishop McGuinness			2A Plainview			
		3A Plainview			A Carnegie			
		2A Beaver	2005	-	5A Tulsa Union			
1994	-	5A Jenks			4A Bishop McGuinness			
		4A Bishop McGuinness			3A Madill			
		3A Marlow			2A Sequoyah Tahlequah			
		2A Lexington			A Haworth			
			2006	-	5A Jenks			
					4A Bishop McGuinness			
					3A Madill			
					2A Plainview			
					A Hennessey			

## X. INDIVIDUAL CHAMPIONS (GIRLS)

1975	-	Michelle Brown	John Marshall	1997	-	5A Summer Suchy	Westmoore
1976	-	Rhona Ray	Norman			4A Amanda Jordan	Bishop McGuinness
1977	-	4A Rhona Ray	Norman			3A Carrie McFall	Cascia Hall
		3A Jane Clough	Yukon			2A Tasha Lance	Victory Christian
1978	-	4A Denise Weeden	Edmond			A Amber Thacker	Velma-Alma
		3A Jane Clough	Yukon	1998	-	5A Wendy Scott	Mustang
1979	-	4A Denise Weeden	Edmond			4A Amanda Jordan	Bishop McGuinness
		3A Rachel Williams	Union			3A Jesse Gordon	Plainview
1980	-	4A Linda Maguire	Norman			2A Miley Turnbull	Warner
		3A Lori Bushyhead	Union			A Beth Hooten	Canton
1981	-	4A Laura Blackburn	Moore	1999	-	5A Brianna McLeod	Jenks
		3A Lori Bushyhead	Union			4A Amanda Jordan	Bishop McGuinness
1982	-	4A Laura McCoy	Norman			3A Susan Morford	Little Axe
		3A Donna Kating	Pryor			2A Jessie Gordon	Plainview
1983	-	4A Laura McCoy	Norman			A Beth Hooten	Canton
		3A Donna Kating	Pryor	2000	-	5A Brianna McLeod	Jenks
1984	-	5A Michelle Scholtz	Tulsa Memorial			4A Amanda Jordan	Bishop McGuinness
		4A Alana Gray	Pryor			3A Chandra Huckabay	Marlow
		3A Angela Harmon	Wynnewood			2A Jessie Gordon	Plainview
1985	-	5A Michelle Scholtz	Tulsa Memorial			A Heidi Schmidt	Okla. Bible Academy
		4A LaVeshia Martin	Okmulgee	2001	-	5A Alayne Thompson	Jenks
		3A Christy Wyatt	Marlow			4A Alicia Dolby	Thomas Edison
1986	-	5A Michelle Scholtz	Tulsa Memorial			3A Abigail Lillich	Jay
		4A LaVeshia Martin	Okmulgee			2A Jesse Gordon	Plainview
		3A Mary Kannmore	Vinita			A Brooke Edsall	Lomega
1987	-	5A Alison Uberecken	Bartlesville	2002	-	5A Brianna McLeod	Jenks
		4A Shawna Charley	Noble			4A Alicia Dalby	Thomas Edison
		3A Brooke Netherton	Jay			3A Carissa Fischer	Weatherford
1988	-	5A Britt Smith	Jenks			2A Kimbri Lettkeman	Watonga
		4A Heather McKillip	El Reno			A Brooke Edsall	Lomega
		3A Randi Thompson	Poteau	2003		5A Chelsea Baldwin	Ponca City
1989	-	5A Amy Tinker	Jenks			4A Jamie Theobald	Guthrie
		4A Annette Ackuff	Pryor			3A Michaela Brannan	Victory Christian
		3A Randi Thompson	Poteau			2A Taylor Rigsby	Metro Christian
1990	-	5A Amy Tinker	Jenks			A Brooke Edsall	Lomega
		4A Michelle Decker	Guthrie	2004		5A Ina Ables	Tulsa Union
		3A Michelle Goode	Plainview			4A Lacey Akers	Harrar
		2A Natalie Gray	Cascia Hall			3A Taylor Rigsby	Metro Christian
1991	-	5A Chery Finley	Lawton Eisenhower			2A Sarah Holcomb	Sequoyah Tahlequah
		4A Jenni Monetle	Claremore			A Brooke Edsall	Lomega
		3A Natalie Gray	Cascia Hall	2005		5A Ina Ables	Tulsa Union
		2A Amy Herchock	Beaver			4A Lacey Akers	Harrar
1992	-	5A Amy Tinker	Jenks			3A Taylor Rigsby	Metro Christian
		4A Jessica Hoke	Bishop McGuinness			2A Chelsea Jones	Watonga
		3A Natalie Gray	Cascia Hall			A Kristen Radcliff	Forgan
		2A Anjanette Proctor	Sequoyah-Tahlequah	2006		5A Sara Vaughn	Tulsa Union
1993	-	5A Carissa Nix	Jenks			4A Molly Ferguson	Bishop McGuinness
		4A Jessica Hoke	Bishop McGuinness			3A Jori Davis	Piedmont
		3A Natalie Gray	Cascia Hall			2A Amber Harper	Plainview
		2A Ashlee Barby	Laverne			A Kristen Radcliff	Forgan
1994	-	5A Melissa Flood	Moore	2007	-	5A Sara Vaughn	Tulsa Union
		4A Ashley Boothe	Bishop McGuinness			4A Andrea Lewis	Bishop Kelley
		3A Sarah Harvey	Plainview			3A Kadie Peolpes	Madill
		2A Amy Armer	Kansas			2A Amber Harper	Plainview
1995	-	5A Corrie Hussar	Mustang			A Heather Braley	Chisholm
		4A Ashley Boothe	Bishop McGuinness	2008		6A Paige Barnes	Jenks
		3A Kelleigh Sanders	Elgin			5A Andrea Lewis	Bishop Kelley
		2A Rae Ann McCurry	Velma-Alma			4A Jori Davis	Piedmont
1996	-	5A Lindsey Hughes	Westmoore			3A Danae McGee	Stroud

**2009-10**

**Cross Country**

4A	Ashley Boothe	Bishop McGuinness	2A	Angela Bigbow	Carnegie
3A	Leah McCawley	Marlow			
2A	Tasha Lance	Victory Christian			
A	Rae Ann McCurry	Velma-Alma			

XI. COACHES CROSS COUNTRY RATING FORM

Please rank the schools in your classification ONLY. Rank the teams based on team strength.

BOYS

GIRLS

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

Each boys and girls cross country coach should complete this form and mail to the OSSAA office postmarked no later than October 6, 2008 for classes 2 A, 3A. October 13, 2008 for classes 4A-6A.

Classification \_\_\_\_\_ School \_\_\_\_\_

Girls Coach \_\_\_\_\_ Boys Coach \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mail to: Ron Etheridge  
OSSAA  
PO Box 14590  
Oklahoma City, OK 73113

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