

## **2023 CROSS COUNTRY DATES TO REMEMBER**

JULY 15	Organized Practice May Begin
SEPTEMBER 1	Online Entry Forms Due (2A-3A-4A-5A-6A)
OCTOBER 6 – 10	Team Rankings Due (OSSAARankings.com)
OCTOBER 13	Regional Assignments Released (2A-3A-4A-5A-6A)
OCTOBER 21	2A-3A-4A-5A-6A Regional Meets
OCTOBER 23	2A-3A-4A-5A-6A Academic Achievement Form Due
OCTOBER 28	2A-3A-4A-5A-6A State Meet at Edmond Santa Fe
NOVEMBER 7	Cross Country Coaches Advisory Meeting at 2:00 p.m.