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## CROSS COUNTRY

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**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.

**Rules Meeting**  
**2023 State Cross Country Rules Meeting**

State Rules meetings are mandatory for head coaches and must be completed by September 1. Failure to comply will result in the suspension of the head coach from all interscholastic competition until the coach is in compliance.

**The rules meeting will be conducted at the OCA Coaches Clinic on Tuesday, July 25th, 2023 at 2 p.m. If you are unable to attend the rules meeting during the clinic, there will be a ZOOM meeting August 2<sup>nd</sup> at 7:00 PM. You can find the link on the Cross Country page of our website. If you are unable to attend either of these meetings, you may view the Zoom meeting on the Cross Country page of OSSAA.com on or after August 5, 2023.**

**EDUCATION-BASED ACTIVITY PROGRAMS**

The National Federation of State High School Associations and the Oklahoma Secondary School Activities Association recognize the numerous potential benefits of participation by students in education-based activities. While education-based activities may differ between the stakeholder groups, all should be centered on optimizing the student's scholastic activity experience. Students will change, develop and expand abilities over time; coaches, administrators and parents should not only be cognizant of the fluid process, but also foster a safe, positive environment in which development can occur. Education-based activities must always be viewed as an evolving and unpredictable path.

The NFHS and the OSSAA recognize the influential role played by coaches and directors in all activities, and therefore emphasis should be placed on those individuals to instill and reinforce fundamentals and best practices, not only to minimize risk but also to promote an environment in which a student has the opportunity to reach his or her full potential. The common goal for all the stakeholders involved with education-based activities should be to make the experience enjoyable and rewarding for all.

While our position is not intended to squelch dreams of achieving a college scholarship or professional or Olympic glory, we do place emphasis on the student's entire scholastic activity experience with the goals of enhancing participation, reducing injury risk, and optimizing performance and success (however defined) during the student's high school career. The ultimate goal: Producing an individual who is competent, confident, connected to his or her peer group and community, and of high character. This essential principle is at the core of the scholastic activity experience and is fundamental to the mission of the OSSAA and NFHS.

**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. 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 2023-2024 SCHOOL YEAR**

- A. Organized practice for Cross Country may begin no earlier than July 15, with the first contest being allowed on August 7, or the first day of school, whichever comes first. Organized practice is defined as school or anticipated school personnel directly or indirectly giving individual or team instruction concerning the fundamentals of a particular sport. From the close of the season for Cross Country to the start date of July 15, no organized practice in the sport may take place. However, certified school coaching personnel for the sport are permitted to provide instruction in the sport in a physical education class during the regular school day. If a member school does not schedule a physical education class during the regular school day, then an additional period may be scheduled immediately after the close of the regular school day, not to exceed one hour for the purpose of conducting a physical education class, and instruction in a particular sport may be provided by certified school coaching personnel to students during the additional one-hour period. Time spent transporting student participants to an off-site facility or from one school site to another for the purpose of providing instruction in a particular sport during a physical education class or during the one hour period immediately following the school day shall not be counted toward the time allowed for off-season instruction. The practice period shall begin immediately upon the arrival of the athletes.
- B. Contest limits for 2023 season
- a. High School teams/individuals are limited to eight meets, four of which must occur when there is no loss of instructional time, including travel time.
  - b. Junior High teams are limited to six meets, two of which must occur when there is no loss of instructional time, including travel time.
  - c. Two practice meets are allowed and will not count against meet limitations if the following criteria is met.
    - i. No more than four teams will participate
    - ii. No entry fee is charged
    - iii. No awards are given
    - iv. There is no loss of school time including travel time
- C. Generally, if the contest, meet, or tournament limits for a particular activity have been exceeded, by either a school team or by individual participants from a school, the following sanctions will be applied.
1. The contest(s) which exceed the limits must be forfeited.
  2. The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for the remainder of the current regular season and any championship play-off events for the school year.
  3. The head coach in the activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for one-half of the regular season the next school year.
  4. The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.
  5. The program will be placed on warning for a period of one year and [ossaarankings.com](http://ossaarankings.com).
- D. Regional entry forms can be found on [ossaarankings.com](http://ossaarankings.com) website. The forms must be completed no later than – September 1, 2023 for ALL CLASSES.
- E. Regional assignments will be released no later than October 13, 2023, for ALL CLASSES.
- F. Cross Country Regional meets – October 21, 2023, for ALL CLASSES.
- G. Academic Achievement Award Forms can be found on the OSSAA website ([www.ossaa.com](http://www.ossaa.com)). Must be submitted no later than October 23, 2023, for all classes.
- H. Cross Country State Meet – October 28, 2023, for all classes at Edmond Santa Fe.
- I. Cross Country Coaches Advisory Committee Meeting – November 7, 2023, at 1:00 p.m. in the OSSAA office.
- J. State Rules meetings are mandatory for head coaches and must be completed by September 1. Failure to comply will result in the suspension of the head coach from all interscholastic competition until the coach is in compliance. The in-person rules meeting will be conducted at the OCA clinic. Look for their schedules as to when it will be held. If you are unable to attend this meeting it will be posted on the Cross Country page of [ossaa.com](http://ossaa.com) no later than August 4<sup>th</sup>.

**III. CROSS COUNTRY REGULATIONS**

- A. Figures from 2022-2023 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. In compliance with Rule 14, schools meeting established criteria as well as the success factor may be elevated in classification necessitating other schools to be moved down in classification. In an effort to balance classes for activities in which a team and/or individuals may participate, the school moving down as a result of another school being elevated will be the school with the smallest ADM.

## 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-4A and two (2) regional meets for classes 5A-6A.
    - a) When feasible, teams and individuals will be assigned based on geography, strength balance, and an equitable number of participants for each tournament.
    - b) **State Meets – ALL CLASSES WILL RUN AT EDMOND SANTA FE ON OCTOBER 28<sup>th</sup>, 2023.**
  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 the competition.

**Saturday, October 21, 2023 for classes 2A-3A-4A**

TIME	CLASS
9:00 a.m.	4A Girls
9:45 a.m.	4A Boys
11:00 a.m.	2A Girls
11:45 p.m.	2A Boys
1:00 p.m.	3A Girls
1:45 p.m.	3A Boys

**Saturday, October 21, 2023 for classes 5A-6A**

TIME	CLASS
9:00 a.m.	6A Girls
9:45 a.m.	6A Boys
11:00 a.m.	5A Girls
11:45 p.m.	5A Boys

4. **2023 STATE CROSS COUNTRY MEET SCHEDULE**

TIME	CLASS
8:00 a.m.	6A Coaches Meeting
8:30 a.m.	6A Girls 5K
9:15 a.m.	6A Boys 5K
10:00 a.m.	6A Awards Ceremony
9:45 a.m.	5A Coaches Meeting
10:15 a.m.	5A Girls 5K
11:00 a.m.	5A Boys 5K
11:45 a.m.	5A Awards Ceremony

TIME	CLASS
11:15 a.m.	4A Coaches Meeting
11:45 a.m.	4A Girls 3200 Meters
12:15 p.m.	4A Boys 5K
1:00 p.m.	4A Awards Ceremony
12:30 p.m.	3A Coaches Meeting
1:00 p.m.	3A Girls 3200 Meters
1:30 p.m.	3A Boys 5K
2:15 p.m.	3A Awards Ceremony
1:45 p.m.	2A Coaches Meeting
2:15 p.m.	2A Girls 3200 Meters
2:45 p.m.	2A Boys 5K
3:30 p.m.	2A Awards Ceremony

\*\* Coaches meetings are held under home bleachers.

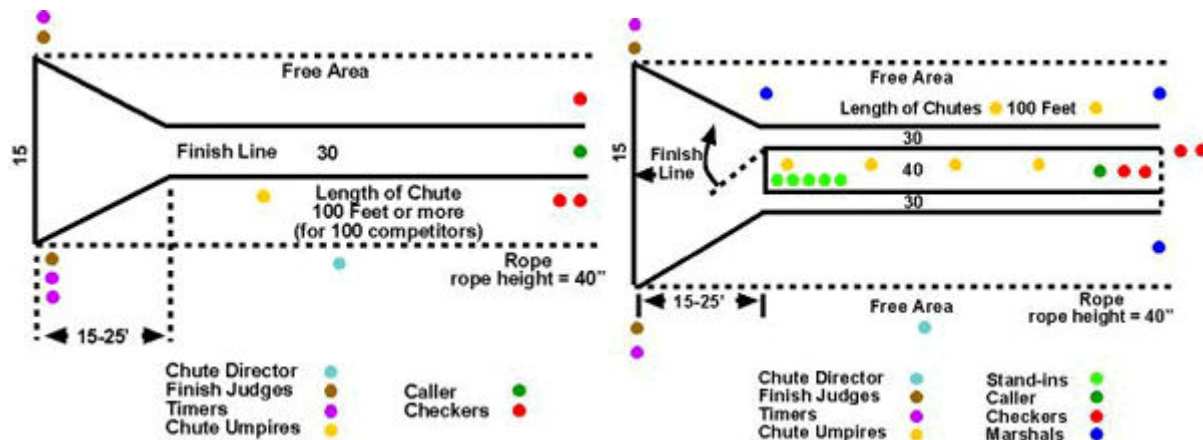
\*\* Awards Ceremony will be held on the track on the home side of bleachers.

- C. Ticket Prices - Admission prices have been set by the Board of Directors
1. Regionals - \$7.00 per ticket (kindergarten and younger free)
  2. **State - \$10.00 per ticket (kindergarten and younger free)**
- D. State Qualifiers
- The top seven (7) teams and the top 7 (seven) 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 the outside position. If a regional does not have 7 teams, the other regional will qualify additional (teams) in order of placement to equal (21) teams for 2A-3A-4A and (14) teams for 5A-6A to the state cross country meet. In 2A-3A-4A if one of the three regional meets does not have a minimum of seven teams qualify for the state meet, the 8<sup>th</sup> place team from the other two regionals will both qualify.
- E. Entry Forms
- The online-entry form deadline is September 1, 2023, **for all classes**. Any entries received seven (7) days past the deadline date will automatically place the cross country team on warning. Entry forms can be found on [www.ossaarankings.com](http://www.ossaarankings.com).
- F. Aids and Hepatitis B
- Please see athletic director or principal for pre-cautionary recommendations concerning AIDS and Hepatitis B.
- G. Regional Awards

1. First place team trophy in each class.
  2. 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 are permitted on the awards stand at the assembly)
1. Championship and runner-up trophies in each class will be given for team awards. Gold medals will be given to each championship team member, 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.
  2. 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
1. 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.
  2. It is mandatory, 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 which 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
1. 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.
- K. NOISE MAKERS
- For indoor activities:** Boom boxes or any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contests.
- For outdoor activities:** Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer squads, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.
- L. **OFF SEASON TRY-OUTS**
- Only students in grades 8-11 attending school in the district for which the try-out is held may be permitted to participate in a try-out. Try-outs should only be conducted for the purpose of the selection of a school team and may not be used for practice time. Each day of the try-out may be up to 2 hours in length. No off-season try-out will be allowed for more than three days, and all sessions of the try-out must conclude by 9 p.m. A record of all try-outs should be kept on file at the member school detailing the dates, times and grade level of all participants in the tryout. The OSSAA reserves the right to request these records from a member school. Exception: Cheerleading may conduct a clinic of no more than 4 days; each day of the try-out clinic may be up to two hours in length. All students participating in the tryout must be attending school in the district for which the try-out is being held.

**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 (1.5 to 3.1 miles) in length as determined by the meet director or games committee.
  2. Measurement of the course shall be along the shortest possible distance. 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., the 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 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, through 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

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.

1. 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)
2. 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 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. Because this technique is used with a large number of competitors, it is recommended, 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 will be observed for the first 100 meters to recall the race for any reason 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 the 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 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 agree, 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. At Regional and State, no more than seven runners from one team may participate.
- I. Section 6- Uniforms
1. Art. 1 - 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 recognizable sole and heel. The upper must be designed so 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.
  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.
- 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 the 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 which is defined by a legal marking system.  
PENALTY: (Articles 1-5) Disqualification from the event.

#### V. NOT HONORING A PROTEST (Board Policy XLVIII)

OSSAA will not consider requests to overturn the determinations of game/contest officials in interpreting or enforcing rules at games or contests. In agreeing to participate in a game or contest, a member school, and the individual participants and the coaches or sponsors representing that member school, accept the risk that game/contest officials may make errors in interpreting or enforcing rules at games or contests. Any errors by game/contest officials should be raised with those officials, in a respectful manner, and in accordance with the rules established for the particular activity. The decisions of the game/contest officials are accepted as final.

An exception to this Policy may be granted if in the case of an ejection of a participant from a contest, the game/contest official misidentifies the individual who should have been ejected. The request to review the misidentified player must be submitted to the OSSAA in writing.

#### VI. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES

When a violation of OSSAA's Constitution, Rules, Regulations, or Policies has been determined to have occurred, the Executive Director is authorized to impose sanctions or remedies, which may include suspending a coach or other school personnel from coaching and/or activity program management responsibilities, or imposing limits or conditions on those coaching and/or activity management responsibilities.

#### VII. 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 bait or taunt officials in any way, or seek 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.
- N. Any time a coach who does not hold a valid Oklahoma teaching certificate (lay or volunteer coach) is ejected from a contest for unsportsmanlike conduct, including but not limited to arguing a call, language or gestures directed toward a game official, he or she will be required to complete the NFHS Teaching and Modeling Behavior course within seven (7) days of the ejection, the course can be found at [NFHSLearn.com](http://NFHSLearn.com). Additionally, personnel not holding a valid Oklahoma teaching certificate must meet with a representative of the OSSAA prior to being reinstated to coach the school team. A school administrator will also be required to attend the meeting.

#### VIII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES

Any school representative who publicly criticizes a contest official, and any contest official who publicly criticizes a school representative in connection with a contest meet or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension. Public criticism includes but is not limited to comments made to the media or during a broadcasted event, and comments made in a public forum.

#### IX. HAZING

Hazing incidents have no place in the activity programs of our member schools. The OSSAA encourages each member school to develop procedures to inform their students that this type of behavior is not acceptable and should not be tolerated.

#### X. TAUNTING

Any form of taunting which is intended or designed to anger, bait, embarrass, ridicule, or demean others is subject to penalty.

#### XI. EMERGENCY ACTION PLAN

Any time a member school is hosting a planned activity at a school facility there must be an Emergency Action Plan in place. The plan must be shared with any visiting school. An Emergency Action Plan, or EAP, is a formal written plan, developed by the host site, which identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent loss of life and property.



**XII. SUMMERTIME DEAD PERIOD**

The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be nine (9) days in length and begin the weekend preceding the 4th of July and the weekend following the 4th of July.

Secondary-level students enrolled or pre-enrolled at a member school may not use any member school's athletic facilities during the dead period in connection with any athletic activity governed by the OSSAA. Member school coaches, assistant coaches and sponsors may not have any contact with secondary-level enrolled or pre-enrolled students in that member school in any athletic activity governed by the OSSAA for the purpose of coaching, training, or instructing.

Summertime policies, including beginning and end of season restrictions, can be found in OSSAA Board Policy XI in the Administrator's Handbook.

Violations of the summertime dead period policy will result in the coach or sponsor being suspended from the first half of the regular season in that athletic activity. School personnel not designated as a coach or sponsor in violation of the summertime dead period policy will result in the head coach being suspended from the first half of the regular season in that activity.

**SUMMERTIME DEAD PERIOD QUESTIONS AND ANSWERS**

1. How do I know when the dead period begins and ends each year?  
*Answer:* The dead period will be nine (9) days in length and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July.
2. Does the Summertime Dead Period Policy cover non-athletic activities?  
*Answer:* No, the Summertime Dead Period Policy only applies to athletic activities that are governed by the OSSAA.
3. Can a coach and a player have any contact during the Summertime Dead Period?  
*Answer:* No, contact between coaches, assistant coaches, and sponsors with enrolled or pre-enrolled students for the purpose of coaching, teaching, training, or instructing is prohibited.
4. Can a student participate without the member school coach at member school facilities in an athletic activity during the Summertime Dead Period?  
*Answer:* No, school athletic facilities may not be used by enrolled or pre-enrolled students during the dead period in connection with any athletic activity governed by the OSSAA.
5. Can a member school coach use member school facilities to train, coach or instruct secondary-level students during the Dead Period?  
*Answer:* No, the policy prohibits the use of member school facilities during the Dead Period for the purpose of coaching, teaching, training, or instructing. Field maintenance is not prohibited by the policy.
6. Does the Summertime Dead Period Policy prohibit participation in a National level tournament during the dead period?  
*Answer:* No, the coach and any enrolled or pre-enrolled students who have qualified earlier in the summer for a national level tournament may participate in that tournament.

**2023-2024**

**Cross Country**

**XIII. TEAM CHAMPIONS (BOYS)**

1937	-	Tulsa Central	1980	-	4A Edmond	1998	-	5A Jenks
1938	-	Tulsa Central			3A Pryor			4A Bishop McGuinness
1939	-	Tulsa Central	1981	-	4A Edmond			3A Elk City
1940	-	Tulsa Central			3A Sallisaw			2A Dickson
1941	-	Tulsa Central	1982	-	4A Edmond			A Oklahoma Christian
1942	-	Tulsa Central			3A Sallisaw	1999	-	5A Edmond Memorial
1943	-	Tulsa Central	1983	-	4A Edmond			4A Bishop McGuinness
1944	-	Tulsa Central			3A Guthrie			3A Little Axe
1945	-	Tulsa Central	1984	-	5A Jenks			2A Plainview
1946	-	Tulsa Rogers			4A Guthrie			A Carnegie
1947	-	Tulsa Rogers			3A Bishop McGuinness	2000	-	5A Edmond Memorial
1948	-	Tulsa Central	1985	-	5A Edmond			4A Capitol Hill
1949	-	Tulsa Central			4A Tulsa Edison			3A Elk City
1950	-	Tulsa Central			3A Weatherford			2A Watonga
1951	-	Tulsa Central	1986	-	5A Jenks			A Carnegie
1952	-	Tulsa Central			4A Western Heights	2001	-	5A Edmond Memorial
1953	-	Tulsa Central			3A Marlow			4A Shawnee
1954	-	Tulsa Central	1987	-	5A Edmond			3A Marlow
1955	-	Tulsa Rogers			4A Western Heights			2A Watonga
1956	-	Tulsa Rogers			3A Marlow			A Okla. Christian School
1957	-	Tulsa Central	1988	-	5A Jenks	2002	-	5A Edmond Memorial
1958	-	Tulsa Rogers			4A Duncan			4A Shawnee
1959	-	Tulsa Edison			3A Marlow			3A Marlow
1960	-	Tulsa Edison	1989	-	5A Jenks			2A Watonga
1961	-	Tulsa Central			4A Altus			A Hinton
1962	-	Tulsa Edison			3A Weatherford	2003	-	5A Jenks
1963	-	Tulsa Central	1990	-	5A Jenks			4A Bishop McGuinness
					4A Western Heights			3A Marlow
1964	-	2A Ponca City			3A Little Axe			2A Sequoyah (T)
		A Sequoyah-Tahlequah			2A Beaver			A Hinton
1965	-	2A Tulsa Hale	1991	-	5A Jenks	2004	-	5A Edmond Memorial
		A Sequoyah-Tahlequah			4A Guthrie			4A Bishop McGuinness
1966	-	2A Tulsa Hale			3A Marlow			3A Elk City
		A Southeast			2A Keyes			2A Sequoyah (T)
1967	-	2A US Grant	1992	-	5A Jenks			A Hydro-Eakly
		A Tulsa Kelley			4A Bishop McGuinness	2005	-	5A Mustang
1968	-	2A Northwest			3A Marlow			4A Bishop Kelley
		A Tulsa Kelley			2A Riverside			3A Elk City
1969	-	2A Putnam City	1993	-	5A Jenks			2A Sequoyah (T)
		A Sequoyah			4A Bishop McGuinness			A Okla. Bible Academy
1970	-	4A Tulsa McLain			3A Marlow	2006	-	5A Mustang
		3A Tulsa Webster			2A Sequoyah-Tahleq.			4A Deer Creek
1971	-	4A Tulsa Edison	1994	-	5A Jenks			3A Madill
		3A Tulsa Kelley and Broken Arrow			4A Guthrie			2A Sequoyah (T)
1972	-	4A Tulsa Hale			3A Little Axe			A Okla. Bible Academy
		3A Riverside			2A Lindsay	2007	-	5A Tulsa Union
1973	-	4A Putnam City	1995	-	5A Edmond Memorial			4A Deer Creek
		3A Tulsa Kelley			4A Bishop McGuinness			3A Madill
1974	-	4A Tulsa Hale and Putnam City			3A Little Axe			2A Metro Christian
		3A Tulsa Kelley			2A Sequoyah-Tahleq.			A Hooker
1975	-	4A Putnam City	1996	-	5A Edmond Memorial	2008	-	6A Union
		3A Tulsa Kelley			4A Bishop McGuinness			5A Bishop Kelley
1976	-	4A Northwest			3A Elk City			4A Madill
		3A Tulsa Kelley			2A Dickson			3A Metro Christian
1977	-	4A Norman			A Hydro			2A Oklahoma Bible Aca.
		3A Riverside	1997	-	5A Moore	2009	-	6A Broken Arrow
1978	-	4A Moore			4A Bishop McGuinness			5A Guthrie
		3A Owasso			3A Elk City			4A Santa Fe South
1979	-	4A Edmond			2A Dickson			3A Jones
		3A Anadarko			A Hydro			2A Okla. Bible Academy

**2023-2024****Cross Country**

2010	6A	Union	2022	6A	Edmond North
	5A	Guthrie		5A	Piedmont
	4A	Metro Christian		4A	Lincoln Christian
	3A	Plainview		3A	Regent Prep
	2A	Hooker		2A	Hooker
2011	6A	Norman			
	5A	Deer Creek			
	4A	Elgin			
	3A	Plainview			
	2A	Beaver			
2012	6A	Jenks			
	5A	Deer Creek(Edmond)			
	4A	Anadarko			
	3A	Plainview			
	2A	Tonkawa			
2013	6A	Jenks			
	5A	Deer Creek-Edmond			
	4A	Santa Fe South			
	3A	Kansas			
	2A	Hooker			
2014	6A	Jenks			
	5A	Deer Creek-Edmond			
	4A	Lincoln Christian			
	3A	Chisholm			
	2A	Hooker			
2015	6A	Jenks			
	5A	Guymon			
	4A	Lincoln Christian			
	3A	Marietta			
	2A	Hooker			
2016	6A	Bartlesville			
	5A	Guymon			
	4A	Lincoln Christian			
	3A	Marietta			
	2A	Lomega/Ringwood			
2017	6A	Bartleville			
	5A	Guymon			
	4A	Lincoln Christian			
	3A	Mount St. Mary			
	2A	Hooker			
2018	6A	Deer Creek-Edmond			
	5A	Piedmont			
	4A	Seminole			
	3A	Marietta			
	2A	Mooreland			
2019	6A	Deer Creek (Edmond)			
	5A	Guymon			
	4A	Lincoln Christian			
	3A	Kiefer			
	2A	Mooreland			
2020	6A	Mustang			
	5A	Piedmont			
	4A	Ok Christian School			
	3A	Marlow			
	2A	Carnegie			
2021	6A	Deer Creek (Edmond)			
	5A	Guymon			
	4A	Cache			
	3A	Marlow			
	2A	Timberlake			

## XIV. INDIVIDUAL CHAMPIONS (BOYS)

1937	-	Carl Ridens	Guthrie	1978	-	4A	Greg Avery	Ponca City
1938	-	Mode Perry	Tulsa			3A	Tom Horn	Bixby
1939	-	Ted Roberts	Classen	1979	-	4A	Dallas Cox	Muskogee
1940	-	Ted Roberts	Classen			3A	Lamont Frazier	Sequoyah-Tahlequah
1941	-	James Woodward	OKC Central	1980	-	4A	Kevin Thatcher	Edmond
1942	-	Bob Letson	Tulsa Rogers			3A	Joe Scott	Western Heights
1943	-	Eldon Ferguson	Tulsa Central	1981	-	4A	Kevin Thatcher	Edmond
1944	-	R.C. Slocum	Tulsa Central (OU & OSU)			3A	Joe Atkin	Sallisaw
1945	-	Carl Jacobsen	Tulsa Central (OU)	1982	-	4A	Mike Bilyeu	Tulsa Hale
		R.C. Slocum	Tulsa Central (OSU)			3A	Ronald Lee	Sallisaw
1946	-	Dick Willey	Tulsa Rogers (OU)	1983	-	4A	Cary Brady	Norman
		Billy Ward	Tulsa Rogers (OSU)			3A	Paul Dreesen	Guthrie
1947	-	Bruce Drummond	Tulsa Central (OU)	1984	-	5A	Donnie Childs	Enid
		Dick Willey	Tulsa Rogers (OSU)			4A	Paul Dreesen	Guthrie
1948	-	Bruce Drummond	Tulsa Central (OU & OSU)			3A	Bobby Kauliaty	Anadarko
1949	-	Derald Smith	Capitol Hill (OU & OSU)	1985	-	5A	Donnie Childs	Enid
		George Gilmour	Tulsa Central (OSU)			4A	Bryan Walker	Duncan
1950	-	Donald Ladd	Capitol Hill (OU & OSU)			3A	David LaCour	Weatherford
1951	-	Bob Buchanan	Stillwater (OU & OSU)	1986	-	5A	Bryan Yockers	Bartlesville
1952	-	Bob Buchanan	Stillwater (OU)			4A	Larry Ripee	Noble
		Bobby Cave	Stillwater (OU)			3A	Brent Johnson	Heritage Hall
1953	-	Ron Wade	Tulsa Central (OU & OSU)	1987	-	5A	Joe Weis	Stillwater
1954	-	Floyd Cumbey	Tulsa Central (OU)			4A	Danny Walker	Western Heights
		Laddie Nethercutt	Capitol Hill (OSU)			3A	Bren Johnson	Heritage Hall
1955	-	Clyde Davidson	Tulsa Rogers	1988	-	5A	Tommy Green	Norman
1956	-	Harold Smith	Tulsa Rogers			4A	Danny Walker	Western Heights
1957	-	Harold Smith	Tulsa Rogers			3A	David Wahley	Marlow
1958	-	Ted Riesinger	Tulsa Rogers	1989	-	5A	Tyson Echelle	Stillwater
1959	-	John English	Tulsa Edison			4A	Mike Parker	Ardmore
1960	-	John English	Tulsa Edison			3A	Calley Williamson	Sulphur
1961	-	George Stroup	Tulsa Edison	1990	-	5A	Erick Richard	Jenks
1962	-	Ray Smith	Tulsa Rogers			4A	Mike Parker	Ardmore
1963	-	Bob Arnold	Tulsa Rogers			3A	Tori Holcomb	Weatherford
						2A	Travis Taber	Beaver
1964	-	2A Charles Brown	Ponca City	1991	-	5A	Erick Richard	Jenks
		A Willie Rios	Lawton Eisenhower			4A	Phillip Price	Catoosa
1965	-	2A Willie Rios	Lawton Eisenhower			3A	Tori Holcomb	Weatherford
		A Tommy Ward	McAlester			2A	Darin Bell	Beaver
1966	-	2A Ron Majors	Enid	1992	-	5A	Brian Young	Jenks
		A Bill Hornbosted	Stillwater			4A	Phillip Price	Catoosa
1967	-	2A Ron Majors	Enid			3A	R.J. Albaugh	Weatherford
		A Terry Ziegler	Tulsa Kelley			2A	Robert Bark	Seq.-Tahlequah
1968	-	2A Randy Heierding	Putnam City	1993	-	5A	Brian Young	Jenks
		A Wayne Wallgren	Choctaw			4A	Cornelius Mason	Northeast
1969	-	2A Kim Wilson	Enid			3A	Craig Blanchard	Little Axe
		A John Gula	Stillwater			2A	Mark Levings	Buffalo
1970	-	4A John Womack	Ponca City	1994	-	5A	Mark Thompson	Edmond Memorial
		3A Lyn Long	Marlow			4A	Cornelius Mason	Bishop McGuinness
1971	-	4A Bill Welch	Tulsa Edison			3A	David Lampkin	Dickson
		3A Chuck Barkley	Classen			2A	Zac Johnson	Velma-Alma
1972	-	4A Dave Sanders	Tulsa Edison	1995	-	5A	Mark Thompson	Edmond-Memorial
		3A Chuck Barkley	Classen			4A	Taylor Styron	Bishop McGuinness
1973	-	4A Brent Schooley	John Marshall			3A	Jeremy Johnson	Little Axe
		3A Randy Prophet	Laverne			2A	Mylo Miller	Velma-Alma
1974	-	4A Tom Story	Midwest City	1996	-	5A	Mark Thompson	Edmond Memorial
		3A Tom Laden	Tulsa Kelley			4A	Kevin Connolly	Bishop McGuinness
1975	-	4A Tom Story	Midwest City			3A	Kevin Minson	Marlow
		3A Mark Littlebear	Sequoyah-Tahlequah			2A	Bobby Holmes	Chandler
1976	-	4A John Miley	Northwest			A	Herbie Pebeashy	Hydro
		3A Pat Vaughan	Union					
1977	-	4A John Miley	Northwest					
		3A Tom Horn	Bixby					

## Boys Individual Champions (continued)

1997	-	5A	Clay Cosby	Jenks	2009	-	6A	Victor Others	Ponca City
		4A	Kevin Connolly	Bishop McGuinness			5A	Taler Buck	Deer Creek
		3A	Albert Kelly	Bristow			4A	Martin Calderon	Blackwell
		2A	David Lampkin	Dickson			3A	Lucien Carriveau	Riverside
		A	Herbie Peabeashy	Hydro			2A	Cale Eidson	Calera
1998	-	5A	Chris McWatters	Moore	2010		6A	Tanner Sattertwate	Norman
		4A	Kevin Connolly	Bishop McGuinness			5A	Taler Buck	Deer Creek
		3A	Patrick McGuire	Plainview			4A	David Annett	Metro Christian
		2A	Steve Sawyer	Chisholm			3A	Andrew Leahey	Plainview
		A	Mylo Miller	Velma-Alma			2A	Joe Springer	Frontier
1999	-	5A	Joey McNair	Bartlesville	2011		6A	Arya Bahreini	Edmond Santa Fe
		4A	Brett Lowry	Bishop McGuinness			5A	Taler Buck	Deer Creek
		3A	Travis Johnson	Elk City			4A	Steven Ory	Cascia Hall
		2A	Patrick McGuire	Plainview			3A	Chris Lowery	Chandler
		A	Lucian Bliss	Carnegie			2A	Louis Chavez	Beaver
2000	-	5A	Rem Moll	Jenks	2012		6A	Noah Gade	Stillwater
		4A	Marco Jimenez	Capitol Hill			5A	Bryce Balanseifen	Deer Creek(Edmond)
		3A	Chris McHone	Elk City			4A	Harvey Baylor	Cleveland
		2A	Patrick McGuire	Plainview			3A	Chris Lowery	Chandler
		A	Erin Rooney	Oklahoma Christian			2A	Andrew Rogers	Copan
2001	-	5A	Chase Hall	Jenks	2013		6A	Ben Barrett	Norman North
		4A	Erik Hurst	Shawnee			5A	Bryce Balanseifen	Deer Creek (Edmond)
		3A	Chris Orsburn	Little Axe			4A	Tristan Owens	Oologah-Talala
		2A	Patrick McGuire	Plainview			3A	Colton Green	Henryetta
		A	Justin Edsall	Lomega			2A	Wyatt Johnson	Watonga
2002	-	5A	Aaron Snyder	Mustang	2014		6A	Ben Barrett	Norman North
		4A	Tyler Kelley	Bishop Kelley			5A	Bryce Balanseifen	Deer Creek-Edmond
		3A	Josh Stewart	Byng			4A	Daniel Mazzei	Berryhill
		2A	Jason Coleman	Watonga			3A	Colton Green	Henryetta
		A	Justin Edsall	Lomega			2A	Isai Rodriguez	Ringwood
2003	-	5A	Brian Gosnell	Tahlequah	2015		6A	Ean Beyer	Norman North
		4A	Preston Swanson	Guthrie			5A	Eugene Grayson	Glenpool
		3A	Josh Stewart	Byng			4A	Zach Black	Sallisaw
		2A	Matt Blackwell	Tishomingo			3A	Cameron Corbin	Tishomingo
		A	Cass Jaques	Hinton			2A	Isai Rodriguez	Lomega/Ringwood
2004	-	5A	Kevin Schwab	Mustang	2016		6A	Matt Young	Jenks
		4A	Lance Goodwin	Harrah			5A	Coal Phillips	Carl Albert
		3A	Isaac Garcia	Victory Christian			4A	Daniel Mazzei	Berryhill
		2A	Phillip Melott	Watonga			3A	Zane Nutter	Marietta
		A	Marshall Summa	Mt. Saint Mary			2A	Isai Rodriguez	Lomega/ Ringwood
2005	-	5A	Kevin Swhwab	Mustang	2017		6A	Jed Helker	Edmond Memorial
		4A	Roland Vasquez	Altus			5A	Dereje Himbago	Guymon
		3A	Stormey Duncan	Marlow			4A	Luke Murphy	Lincoln Christian
		2A	Josh Doyel	Watonga			3A	Clinton Baird	Holland Hall
		A	Riley Voth	Hooker			2A	Colten Brown	Boise City/Keyes/Felt
2006	-	5A	Kevin Schwab	Mustang	2018		6A	Gabe Simonsen	Mustang
		4A	Brice Irving	Skiatook			5A	Christian Arenivar	Santa Fe South
		3A	Isbek Salinas	Madill			4A	Miguel Duran	Madill
		2A	Josh Doyel	Watonga			3A	Zane Nutter	Marietta
		A	Jordan Rouintree	Oilton			2A	Colten Brown	Boise City/Keyes
2007	-	5A	Steven Baker	Tulsa Union	2019		6A	Gabe Simonsen	Mustang
		4A	Adam Young	Deer Creek			5A	Christian Arenivar	Santa Fe South
		3A	Isbek Salinas	Madill			4A	Caden Goss	Ft. Gibson
		2A	Ryan Schooley	Metro Christian			3A	Agustin Lopez	Little Axe
		A	Eidson Cale	Calera			2A	Collen McLain	Mooreland
2008	-	6A	Steven Baker	Tulsa Union	2020		6A	Gabe Simonsen	Mustang
		5A	Dakota Buck	Deer Creek			5A	Gage McElhaneay	Elgin
		4A	Ramirro Becerra	Santa Fe South			4A	Caden Goss	Ft. Gibson
		3A	Lucien Carriveau	Riverside			3A	Riley Randall	Meeker
		2A	Cale Edison	Calera			2A	Riley Herndon	Merritt

**2023-2024****Cross Country****Boys Individual Champions (continued)**

2021	6A	AJ Antonelli	Deer Creek (Edmond)
	5A	Terrance Allen	Carl Albert
	4A	Ryan McLaughlin	Harding Charter Prep
	3A	Riley Randall	Meeker
2A	Erik Franco	Pathways	
2022	6A	Keegan Thomas	Stillwater
	5A	Reese Frick	Piedmont
	4A	Andrew Smithwick	Lincoln Christian
	3A	Jeremiah Tangren	Regent Prep
	2A	Riley Randall	Meeker

## XV. TEAM CHAMPIONS (GIRLS)

1975	-	Edmond	1996	-	5A Westmoore	2008	-	6A Westmoore
1976	-	Union			4A Bishop McGuinness			5A Bishop McGuinness
1977	-	4A Edmond			3A Marlow			4A Seminole
		3A Union			2A Lexington			3A Plainview
1978	-	4A Edmond			A Velma-Alma			2A Thomas
		3A Union	1997	-	5A Sapulpa	2009	-	6A Edmond North
1979	-	4A Edmond			4A Bishop McGuinness			5A Collinsville
		3A Union			3A Little Axe			4A Madill
1980	-	4A Norman			2A Lexington			3A Plainview
		3A Union			A Velma-Alma			2A Watonga
1981	-	4A Norman	1998	-	5A Mustang	2010		6A Jenks
		3A Union			4A Bishop McGuinness			5A Coweta
1982	-	4A Edmond			3A Little Axe			4A Metro Christian
		3A Sallisaw			2A Warner			3A Plainview
1983	-	4A Edmond			A Velma-Alma			2A Boise City
		3A Sallisaw	1999	-	5A Jenks	2011		6A Edmond Memorial
1984	-	5A Edmond			4A Bishop McGuinness			5A Coweta
		4A Pryor			3A Elk City			4A Metro Christian
		3A Alva			2A Plainview			3A Plainview
1985	-	5A Jenks			A Canton			2A Hennessey
		4A Tulsa Kelley	2000	-	5A Jenks	2012		6A Jenks
		3A Alva			4A Bishop McGuinness			5A Metro Christian
1986	-	5A Tahlequah			3A Marlow			4A Mount St. Mary
		4A Tulsa Kelley			2A Plainview			3A Plainview
		3A Grove			A Okla. Bible Academy			2A Tonkawa
1987	-	5A Jenks	2001	-	5A Jenks	2013		6A Norman North
		4A Pryor			4A Bishop McGuinness			5A Deer Creek (Edmond)
		3A Bishop McGuinness			3A Madill			4A Plainview
1988	-	5A Jenks			2A Plainview			3A Marietta
		4A Pryor			A Okla. Bible Academy			2A Warner
		3A Bishop McGuinness	2002	-	5A Jenks	2014		6A Bartlesville
1989	-	5A Jenks			4A Bishop McGuinness			5A Deer Creek-Edmond
		4A Pryor			3A Jay			4A Plainview
		3A Marlow			2A Watonga			3A Marietta
1990	-	5A Jenks			A Carnegie			2A Cordell
		4A Bishop McGuinness	2003	-	5A Mustang	2015		6A Bartlesville
		3A Marlow			4A Guthrie			5A Claremore
		2A Hennessey			3A Madill			4A Metro Christian
1991	-	5A Bartlesville			2A Plainview			3A Marietta
		4A Tahlequah			A Carnegie			2A Cordell
		3A Marlow	2004	-	5A Mustang	2016		6A Bartlesville
		2A Beaver			4A Bishop McGuinness			5A Bishop McGuinness
1992	-	5A Moore			3A Jay			4A Lincoln Christian
		4A Bishop McGuinness			2A Plainview			3A Marietta
		3A Plainview			A Carnegie			2A Warner
		2A Seq.-Tahlequah	2005	-	5A Tulsa Union	2017		6A Norman
1993	-	5A Bartlesville			4A Bishop McGuinness			5A Bishop Kelley
		4A Bishop McGuinness			3A Madill			4A Plainview
		3A Plainview			2A Sequoyah Tahlequah			3A Adair
		2A Beaver			A Haworth			2A Boise City/Keyes/Felt
1994	-	5A Jenks	2006	-	5A Jenks	2018		6A Deer Creek-Edmond
		4A Bishop McGuinness			4A Bishop McGuinness			5A Bishop Kelley
		3A Marlow			3A Madill			4A Kingfisher
		2A Lexington			2A Plainview			3A Marietta
					A Hennessey			2A Boise City/Keyes
1995	-	5A Jenks	2007	-	5A Edmond North	2019		6A Jenks
		4A Bishop McGuinness			4A Bishop McGuinness			5A Bishop Kelley
		3A Plainview			3A Madill			4A Lincoln Christina
		2A Velma-Alma			2A Plainview			3A Marietta
					A Watonga			2A Watonga

**2023-2024****Cross Country**

2020	6A	Owasso
	5A	Bishop Kelley
	4A	Plainview
	3A	Regent Preparatory
	2A	Watonga
2021	6A	Jenks
	5A	Bishop Kelley
	4A	Cascia Hall
	3A	Regent Preparatory
	2A	Hooker
2022	6A	Owasso
	5A	Piedmont
	4A	Byng
	3A	Regent Preparatory
	2A	Hooker



## XVI. 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	Harrah
		2A Natalie Gray	Cascia Hall			3A Taylor Rigsby	Metro Christian
1991	-	5A Chery Finley	Lawton Eisenhower			2A Sarah Holcomb	Sequoyah Tahlequah
		4A Jenni Monette	Claremore			A Brooke Edsall	Lomega
		3A Natalie Gray	Cascia Hall	2005	-	5A Ina Ables	Tulsa Union
		2A Amy Herchock	Beaver			4A Lacey Akers	Harrah
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
						3A Danae McGee	Stroud
						2a Angela Bigbiw	Carnegie

**2023-2024**

**Cross Country**

**Girls Individual Champions (continued)**

1996	-	5A	Lindsey Hughes	Westmoore	2020	6A	Payton Hinkle	Broken Arrow
		4A	Ashley Boothe	Bishop McGuinness		5A	Stailee Heard	Sapulpa
		3A	Leah McCawley	Marlow		4A	Libby Rowland	Holland Hall
		2A	Tasha Lance	Victory Christian		3A	Natalia Cleveland	Regent Prep
2009	-	A	Rae Ann McCurry	Velma-Alma	2021	2A	Hollie Stalder	Hooker
		6A	Jacquelynn Skocik	Jenks		6A	Payton Hinkle	Broken Arrow
		5A	Jessica Hembree	Tahlequah		5A	Gwyneth Meyers	Bishop Kelley
		4A	Jori Davis	Piedmont		4A	Madi Surber	Tuttle
		3A	Regan Ward	Beggs		3A	Kaylie Washko	OCA
2010		2A	Coriann Hoar	Watonga	2022	2A	Kamryn Baggs	Laverne
		6A	Noemi Hernandez	Westmoore		6A	Liesel Kehoe	Edmond North
		5A	Jessica Hembree	Tahlequah		5A	Gwyneth Meyers	Bishop Kelley
		4A	Kelsey McKee	Metro Christian		4A	Isabella Gutierrez	Pauls Valley
		3A	Cheyenne Choate	Hennessey		3A	Katie Bosley	Ok Christian Ac
2011		2A	Jaylee Mays	Balko	2023	2A	Kamryn Baggs	Laverne
		6A	Emily Helms	Mustang				
		5A	Christi Dougherty	Coweta				
		4A	Lindsey Gregory	Madill				
		3A	Alex Davis	Plainview				
2012		2A	Cheyenne Choate	Hennessey				
		6A	Emily Helms	Mustang				
		5A	Jessica Hembree	Tahlequah				
		4A	Sydney Lawrence	Stilwell				
		3A	Alex Davis	Plainview				
2013		2A	Omega Reese	Tonkawa				
		6A	Cheyenne Walden	Sand Springs				
		5A	Michaela Werner	Grove				
		4A	Zoie DeFehr	Weatherford				
		3A	Daisy Vanmeter	Henryetta				
2014		2A	Kailey Kilpatrick	Warner				
		6A	Cheyenne Walden	Sand Springs				
		5A	Sydney Lawrence	Stilwell				
		4A	Adrena Mazzei	Berryhill				
		3A	Daisy Von Meter	Henryetta				
2015		2A	Berkley Price	Cordell				
		6A	Cheyenne Walden	Sand Springs				
		5A	Tesa Potter	Tecumseh				
		4A	Alyssa Solberg	Lincoln Christian				
		3A	Daisy Van Meter	Henryetta				
2016		2A	Ellie Gilbreath	Regent Prep				
		6A	Cheyenne Walden	Sand Springs				
		5A	Laynie Nichols	Claremore				
		4A	Maicie Brown	Weatherford				
		3A	Barbara Johnson	Heavener				
2017		2A	Ellie Gilbreath	Regent Prep				
		6A	Rilee Rigdon	Bartlesville				
		5A	Laynie Nichols	Claremore				
		4A	Kennadi Price	Weatherford				
		3A	Mandy Kykora	Marietta				
2018		2A	Ellie Gilbreath	Regent Prep				
		6A	Sophie Maag	Norman				
		5A	Ella Eureste	Bishop Kelley				
		4A	Kennadi Price	Weatherford				
		3A	Jaylee Miller	Comanche				
2019		2A	Ellie Gilbreath	Regent Prep				
		6A	Payton Hinkle	Broken Arrow				
		5A	Ella Eureste	Bishop Kelley				
		4A	Jordan Hoffman	Weatherford				
		3A	Tabitha Fox	Jones				
	2A	Zoe Weaver	Beaver					