

TABLE OF CONTENTS

CROSS COUNTRY

Pages are numbered to correspond with the OSSAA Rules and Regulations Handbook.

DATES TO REMEMBER CC2

I. INTRODUCTION CC4

II. CROSS COUNTRY CALENDAR FOR THE 2025-26 SCHOOL YEAR CC4

III. CROSS COUNTRY REGULATIONS CC5

IV. RULE 9 – THESE RULES HAVE BEEN ADOPTED BY THE NATIONAL FEDERATION OF STATE HIGH
SCHOOL ASSOCIATIONS CC7

V. NOT HONORING A PROTEST CC9

VI. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES CC9

VII. COACHES’ ETHICS PROFESSIONAL STANDARDS CC9

VIII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES CC10

IX. HAZING CC10

X. TAUNTING CC10

XI. EMERGENCY ACTION PLAN CC10

XII. SUMMERTIME DEAD PERIOD CC10

XIII. TEAM CHAMPIONS (BOYS) CC12

XIV. INDIVIDUAL CHAMPIONS (BOYS) CC14

XV. TEAM CHAMPIONS (GIRLS) CC17

XVI. INDIVIDUAL CHAMPIONS (GIRLS) CC19

CROSS COUNTRY DATES TO REMEMBER

JULY 15	Organized Practice May Begin
SEPTEMBER 10	Online Entry Forms Due (A-2A-3A-4A-5A-6A)*** (THIS WILL BE DONE THROUGH A SHARED GOOGLE FORM)
OCTOBER 7	Final A-2A-3A-4A Team Rankings Due (OSSAARankings.com)
OCTOBER 10	Regional Assignments Released (A-2A-3A-4A)
OCTOBER 14	Final 5A-6A Team Rankings Due (OSSAARankings.com)
OCTOBER 17	Regional Assignments Released (5A-6A)
OCTOBER 18	A-2A-3A-4A Regional Meets
OCTOBER 20	A-2A-3A-4A Academic Achievement Form Due
OCTOBER 25	5A-6A Regional Meets
OCTOBER 25	A-2A-3A-4A State Meet at North Rock Creek
OCTOBER 27	5A-6A Academic Achievement Form Due
NOVEMBER 1	5A-6A State Meet at Edmond Santa Fe
NOVEMBER 4	Cross Country Coaches Advisory ZOOM Meeting at 2:00 p.m.

Rules Meeting
2025 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 29, 2025, at 2 p.m. If you are unable to attend the rules meeting during the OCA clinic, there will be a ZOOM meeting August 5th, 2025, at 7:00 p.m. 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 no later than August 8th, 2025.

*****IF A SCHOOL MISSED THE ENTRY FORM DEADLINE, THE COACH WILL BE SUSPENDED ONE CONTEST.**

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 2025-2026 SCHOOL YEAR

- A. Organized practice for Cross Country may begin no earlier than July 15, with the first contest being allowed on August 12 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 2025 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.
- D. Regional entry forms will be shared through a google form and can be found on the XC page of our website, ossaa.com. The forms must be completed no later than September 10, 2025 for ALL CLASSES. **If a school misses the entry form deadline, the coach will be suspended one contest.**
- E. Regional assignments will be released no later than October 10, 2025, for CLASSES A-2A-3A-4A and October 17, 2025, for CLASSES 5A-6A.
- F. Cross Country Regional meets – October 18, 2025 for CLASSES A-2A-3A-4A and October 25, 2025, for CLASSES 5A-6A.
- G. Academic Achievement Award Forms can be found on the OSSAA website (www.ossaa.com). Online Forms must be submitted no later than October 20, 2025, for CLASSES A-2A-3A-4A and October 27, 2025, for CLASSES 5A-6A.
- H. Cross Country State Meet – October 25, 2025, for CLASSES A-2A-3A-4A at North Rock Creek and November 1, 2025, for CLASSES 5A-6A at Edmond Santa Fe.
- I. Cross Country Coaches Advisory Committee Meeting – November 4, 2025, at 2:00 p.m. through ZOOM.
- 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 on July 29th. We will offer a rules meeting by ZOOM on August 5th at 7:00 PM as well. If you are unable to attend either meeting, it will be posted on the Cross Country page of ossaa.com no later than August 8th.

III. CROSS COUNTRY REGULATIONS

- A. Figures from 2024-2025 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.

Classification.

- a) Class 6A - 32 schools 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 56 schools by ADM
- e) Class 2A - the next 72 schools by ADM
- f) Class A - All remaining schools

****An exception to classification numbers may be made due to Rule 14.****

B. Regional and State Meets

1. There will be three (3) regional meets in class A-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 meet.
 - b) **State Meet – CLASSES A-2A-3A-4A WILL RUN AT NORTH ROCK CREEK ON OCTOBER 25, 2025 AND CLASSES 5A-6A WILL RUN AT EDMOND SANTA FE ON NOVEMBER 1, 2025.**
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 18, 2025 for classes A-2A-3A-4A

TIME	CLASS
9:00 a.m.	Race 1
9:45 a.m.	Race 2
11:00 a.m.	Race 3
11:45 a.m.	Race 4
1:00 p.m.	Race 5
1:45 p.m.	Race 6

Saturday, October 25, 2025 for classes 5A-6A

TIME	CLASS
9:00 a.m.	Race 1
9:45 a.m.	Race 2
11:00 a.m.	Race 3
11:45 a.m.	Race 4

****More information on A – 6A race times to be released at a later date.****

****Host School's classification will run the first two races then will be on a rotating schedule used from previous years.****

4. **2025 CLASSES A-2A-3A-4A STATE CROSS COUNTRY MEET SCHEDULE**

TIME	CLASS	TIME	CLASS
8:00 a.m.	4A Coaches Meeting	12:00 p.m.	A Coaches Meeting
8:30 a.m.	4A Girls 3200 Meters	12:30 p.m.	A Girls 3200 Meters
9:00 a.m.	4A Boys 5K	1:00 p.m.	A Boys 5K
9:45 a.m.	4A Awards Ceremony	1:45 p.m.	A Awards Ceremony
10:00 a.m.	2A Coaches Meeting	2:00 p.m.	3A Coaches Meeting
10:30 a.m.	2A Girls 3200 Meters	2:30 p.m.	3A Girls 3200 Meters
11:00 a.m.	2A Boys 5K	3:00 p.m.	3A Boys 5K
11:45 a.m.	2A Awards Ceremony	3:45 p.m.	3A Awards Ceremony

**** Coaches meetings place TBD**

**** Awards Ceremony will be held TBD.**

5. **2025 CLASSES 5A-6A STATE CROSS COUNTRY MEET SCHEDULE**

TIME	CLASS	TIME	CLASS
8:30 a.m.	6A Coaches Meeting	9:50 a.m.	5A Coaches Meeting
9:00 a.m.	6A Girls 5K	10:20 a.m.	5A Girls 5K
9:35 a.m.	6A Boys 5K	11:00 a.m.	5A Boys 5K
10:20 a.m.	6A Awards Ceremony	11:45 a.m.	5A 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 online ticket plus a processing fee of \$1.35 (\$8.35) or a \$10 cash option
 2. **State - \$10.00 per online ticket plus a processing fee of \$1.50 (\$11.50) or a \$13 cash option**
- D. State Qualifiers
- In classes 5A and 6A, the top seven (7) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. In class 4A, the top six (6) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. In class 3A, the top five (5) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. In classes A and 2A, the top five (5) teams and the top twelve (12) individuals not on a qualifying team from each regional will qualify for state. A runner who medals at the regional XC meet will qualify for the state meet even if the runner did not meet the qualifications listed above. 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. In classes 5A and 6A, if a regional does not have 7 teams, the other regional will qualify additional teams in order of placement to equal 14 teams to the state cross country meet. In 4A, if one of the three regional meets does not have six teams qualify for the state meet, the 7th place team from the other two regionals will both qualify. In classes A, 2A, and 3A, if one of the three regional meets does not have a minimum of five teams qualify for the state meet, the 6th place team from the other two regionals will both qualify.
- E. Entry Forms
- The online-entry form deadline is September 10, 2025, **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.
- F. Aids and Hepatitis B
- Please see athletic director or principal for precautionary 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 participating runners are permitted on the awards stand at the assembly: 7 in classes 2A – 6A, 6 in class A)
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 in classes 2A – 6A and 6 medals in class A.
 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**
- During the school year, only students 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

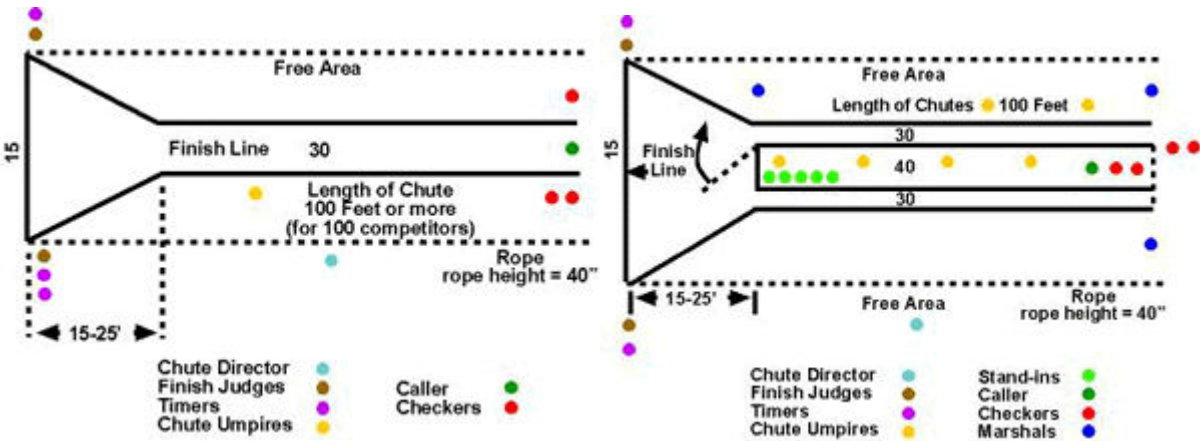
detailing the dates, times and grade level of all participants in the tryout. The OSSAA reserves the right to request these records from a member school.

Exception: During the school year, Spirit 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 order of a runner in cross country. A bib transponder or two transponder/chips per runner, one attached to each shoe, is preferred. When transponder/chips are used, the official order of finish for the runner is that recorded by the transponder/chips, unless meet management is also using an image-based timing system that indicates the order should be adjusted.

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) 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 50 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 50 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.
 2. Art. 2 - A competitor who interferes with another competitor.
 3. Art. 3 - A competitor who is unsporting or uses unacceptable conduct.
 4. Art. 4 - A competitor receives any assistance from any other person who could improve the competitor's performance.
- 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: 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. 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.

2025-2026
XIII. TEAM CHAMPIONS (BOYS)

Cross Country

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

2025-2026**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	2023	6A	Deer Creek (Edmond)
	5A	Deer Creek		5A	Lincoln Christian
	4A	Elgin		4A	Bethany
	3A	Plainview		3A	Casady
	2A	Beaver		2A	Hooker
2012	6A	Jenks	2024	6A	Deer Creek (Edmond)
	5A	Deer Creek(Edmond)		5A	Bishop Kelley
	4A	Anadarko		4A	Lincoln Christian
	3A	Plainview		3A	Casady
	2A	Tonkawa		2A	Regent Prep
2013	6A	Jenks		A	Sweetwater
	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	Greg Avery	Ponca City
1938	Mode Perry	Tulsa		Tom Horn	Bixby
1939	Ted Roberts	Classen	1979	Dallas Cox	Muskogee
1940	Ted Roberts	Classen		Lamont Frazier	Sequoyah-Tahlequah
1941	James Woodward	OKC Central	1980	Kevin Thatcher	Edmond
1942	Bob Letson	Tulsa Rogers		Joe Scott	Western Heights
1943	Eldon Ferguson	Tulsa Central	1981	Kevin Thatcher	Edmond
1944	R.C. Slocum	Tulsa Central (OU & OSU)		Joe Atkin	Sallisaw
1945	Carl Jacobsen	Tulsa Central (OU)	1982	Mike Bilyeu	Tulsa Hale
	R.C. Slocum	Tulsa Central (OSU)		Ronald Lee	Sallisaw
1946	Dick Willey	Tulsa Rogers (OU)	1983	Cary Brady	Norman
	Billy Ward	Tulsa Rogers (OSU)		Paul Dreesen	Guthrie
1947	Bruce Drummond	Tulsa Central (OU)	1984	Donnie Childs	Enid
	Dick Willey	Tulsa Rogers (OSU)		Paul Dreesen	Guthrie
1948	Bruce Drummond	Tulsa Central (OU & OSU)		Bobby Kauliaty	Anadarko
1949	Derald Smith	Capitol Hill (OU & OSU)	1985	Donnie Childs	Enid
	George Gilmour	Tulsa Central (OSU)		Bryan Walker	Duncan
1950	Donald Ladd	Capitol Hill (OU & OSU)		David LaCour	Weatherford
1951	Bob Buchanan	Stillwater (OU & OSU)	1986	Bryan Yockers	Bartlesville
1952	Bob Buchanan	Stillwater (OU)		Larry Ripee	Noble
	Bobby Cave	Stillwater (OU)		Brent Johnson	Heritage Hall
1953	Ron Wade	Tulsa Central (OU & OSU)	1987	Joe Weis	Stillwater
1954	Floyd Cumbey	Tulsa Central (OU)		Danny Walker	Western Heights
	Laddie Nethercutt	Capitol Hill (OSU)		Bren Johnson	Heritage Hall
1955	Clyde Davidson	Tulsa Rogers	1988	Tommy Green	Norman
1956	Harold Smith	Tulsa Rogers		Danny Walker	Western Heights
1957	Harold Smith	Tulsa Rogers		David Wahley	Marlow
1958	Ted Riesinger	Tulsa Rogers	1989	Tyson Echelle	Stillwater
1959	John English	Tulsa Edison		Mike Parker	Ardmore
1960	John English	Tulsa Edison		Calley Williamson	Sulphur
1961	George Stroup	Tulsa Edison	1990	Erick Richard	Jenks
1962	Ray Smith	Tulsa Rogers		Mike Parker	Ardmore
1963	Bob Arnold	Tulsa Rogers		Tori Holcomb	Weatherford
				Travis Taber	Beaver
1964	Charles Brown	Ponca City	1991	5A Erick Richard	Jenks
	Willie Rios	Lawton Eisenhower		4A Phillip Price	Catoosa
1965	Willie Rios	Lawton Eisenhower		3A Tori Holcomb	Weatherford
	Tommy Ward	McAlester		2A Darin Bell	Beaver
1966	Ron Majors	Enid	1992	5A Brian Young	Jenks
	Bill Hornbosted	Stillwater		4A Phillip Price	Catoosa
1967	Ron Majors	Enid		3A R.J. Albaugh	Weatherford
	Terry Ziegler	Tulsa Kelley		2A Robert Bark	Seq.-Tahlequah
1968	Randy Heierding	Putnam City	1993	5A Brian Young	Jenks
	Wayne Wallgren	Choctaw		4A Cornelius Mason	Northeast
1969	Kim Wilson	Enid		3A Craig Blanchard	Little Axe
	John Gula	Stillwater		2A Mark Levings	Buffalo
1970	John Womack	Ponca City	1994	5A Mark Thompson	Edmond Memorial
	Lyn Long	Marlow		4A Cornelius Mason	Bishop McGuinness
1971	Bill Welch	Tulsa Edison		3A David Lampkin	Dickson
	Chuck Barkley	Classen		2A Zac Johnson	Velma-Alma
1972	Dave Sanders	Tulsa Edison	1995	5A Mark Thompson	Edmond-Memorial
	Chuck Barkley	Classen		4A Taylor Styron	Bishop McGuinness
1973	Brent Schooley	John Marshall		3A Jeremy Johnson	Little Axe
	Randy Prophet	Laverne		2A Mylo Miller	Velma-Alma
1974	Tom Story	Midwest City	1996	5A Mark Thompson	Edmond Memorial
	Tom Laden	Tulsa Kelley		4A Kevin Connolly	Bishop McGuinness
1975	Tom Story	Midwest City		3A Kevin Minson	Marlow
	Mark Littlebear	Sequoyah-Tahlequah		2A Bobby Holmes	Chandler
1976	John Miley	Northwest		A Herbie Pebeashy	Hydro
	Pat Vaughan	Union			
1977	John Miley	Northwest			
	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
1998	A	Herbie Peabeashy	Hydro	2010	2A	Cale Eidson	Calera
	5A	Chris McWatters	Moore		6A	Tanner Sattertwate	Norman
	4A	Kevin Connolly	Bishop McGuinness		5A	Taler Buck	Deer Creek
	3A	Patrick McGuire	Plainview		4A	David Annett	Metro Christian
1999	2A	Steve Sawyer	Chisholm	2011	3A	Andrew Leahey	Plainview
	A	Mylo Miller	Velma-Alma		2A	Joe Springer	Frontier
	5A	Joey McNair	Bartlesville		6A	Arya Bahreini	Edmond Santa Fe
	4A	Brett Lowry	Bishop McGuinness		5A	Taler Buck	Deer Creek
2000	3A	Travis Johnson	Elk City	2012	4A	Steven Ory	Cascia Hall
	2A	Patrick McGuire	Plainview		3A	Chris Lowery	Chandler
	A	Lucian Bliss	Carnegie		2A	Louis Chavez	Beaver
	5A	Rem Moll	Jenks		6A	Noah Gade	Stillwater
2001	4A	Marco Jimenez	Capitol Hill	2013	5A	Bryce Balenseifen	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
2002	5A	Chase Hall	Jenks	2014	6A	Ben Barrett	Norman North
	4A	Erik Hurst	Shawnee		5A	Bryce Balenseifen	Deer Creek (Edmond)
	3A	Chris Orsburn	Little Axe		4A	Tristan Owens	Oologah-Talala
	2A	Patrick McGuire	Plainview		3A	Colton Green	Henryetta
2003	A	Justin Edsall	Omega	2015	2A	Wyatt Johnson	Watonga
	5A	Aaron Snyder	Mustang		6A	Ben Barrett	Norman North
	4A	Tyler Kelley	Bishop Kelley		5A	Bryce Balenseifen	Deer Creek-Edmond
	3A	Josh Stewart	Byng		4A	Daniel Mazzei	Berryhill
2004	2A	Jason Coleman	Watonga	2016	3A	Colton Green	Henryetta
	A	Justin Edsall	Lomega		2A	Isai Rodriguez	Ringwood
	5A	Brian Gosnell	Tahlequah		6A	Ean Beyer	Norman North
	4A	Preston Swanson	Guthrie		5A	Eugene Grayson	Glenpool
2005	3A	Josh Stewart	Byng	2017	4A	Zach Black	Sallisaw
	2A	Matt Blackwell	Tishomingo		3A	Cameron Corbin	Tishomingo
	A	Cass Jaques	Hinton		2A	Isai Rodriguez	Lomega/Ringwood
	5A	Kevin Schwab	Mustang		6A	Matt Young	Jenks
2006	4A	Lance Goodwin	Harrah	2018	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
2007	5A	Kevin Swhwab	Mustang	2019	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
2008	A	Riley Voth	Hooker	2020	2A	Colten Brown	Boise City/Keyes/Felt
	5A	Kevin Schwab	Mustang		6A	Gabe Simonsen	Mustang
	4A	Brice Irving	Skiatook		5A	Christian Arenivar	Santa Fe South
	3A	Isbek Salinas	Madill		4A	Miguel Duran	Madill
2009	2A	Josh Doyel	Watonga	2021	3A	Zane Nutter	Marietta
	A	Jordan Rouintree	Oilton		2A	Colten Brown	Boise City/Keyes
	5A	Steven Baker	Tulsa Union		6A	Gabe Simonsen	Mustang
	4A	Adam Young	Deer Creek		5A	Christian Arenivar	Santa Fe South
2010	3A	Isbek Salinas	Madill	2022	4A	Caden Goss	Ft. Gibson
	2A	Ryan Schooley	Metro Christian		3A	Agustin Lopez	Little Axe
	A	Eidson Cale	Calera		2A	Collen McLain	Mooreland
	6A	Steven Baker	Tulsa Union		6A	Gabe Simonsen	Mustang
2011	5A	Dakota Buck	Deer Creek	2023	5A	Gage McElhaney	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

2025-2026**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
2022	2A	Erik Franco	Pathways
	6A	Keegan Thomas	Stillwater
	5A	Reese Frick	Piedmont
	4A	Andrew Smithwick	Lincoln Christian
	3A	Jeremiah Tangren	Regent Prep
2023	2A	Riley Bandall	Meeker
	6A	Zac Rutherford	Edmond North
	5A	Trae Baker	Tahlequah
	4A	Clay McKinney	Regent Prep
	3A	Levi Haynes	Community Christian
	2A	Brayden Cowan	Watonga
2024	6A	Noah Thayer	Mustang
	5A	Tesfaye Lire	Guymon
	4A	Zachary Williams	Cache
	3A	Landon Eubank	Dickson
	2A	Braden Cowan	Watonga
	A	Reece Hansley	Mooreland

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

2025-2026**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
2023	6A	Owasso
	5A	Lincoln Christian
	4A	Pauls Valley
	3A	Metro Christian
	2A	Hooker
2024	6A	Owasso
	5A	Bishop Kelley
	4A	Lincoln Christian
	3A	Cascia Hall
	2A	Hooker
	A	Southwest Covenant

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

2025-2026

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		6A	Bella Nelson	Owasso
		5A	Christi Dougherty	Coweta		5A	Tennyson Housley	Lincoln Christian
		4A	Lindsey Gregory	Madill		4A	Kenzi Readnour	Pauls Valley
		3A	Alex Davis	Plainview		3A	Ryleigh Hodges	Metro Christian
2012		2A	Cheyenne Choate	Hennessey	2024	2A	Kamryn Baggs	Laverne
		6A	Emily Helms	Mustang		6A	Bella Nelson	Owasso
		5A	Jessica Hembree	Tahlequah		5A	Gwyneth Meyers	Bishop Kelley
		4A	Sydney Lawrence	Stilwell		4A	Baylee Woodrich	Lincoln Christian
		3A	Alex Davis	Plainview		3A	Ella Stoermer	Cascia Hall
2013		2A	Omega Reese	Tonkawa		2A	Reese Coleman	Watonga
		6A	Cheyenne Walden	Sand Springs		A	Mia Hegwood	Boise City
		5A	Michaela Werner	Grove				
		4A	Zoie DeFehr	Weatherford				
		3A	Daisy Vanmeter	Henryetta				
2014		2A	Kailey Kilpatrick	Warner				
		6A	Cheyenne Waldon	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				