

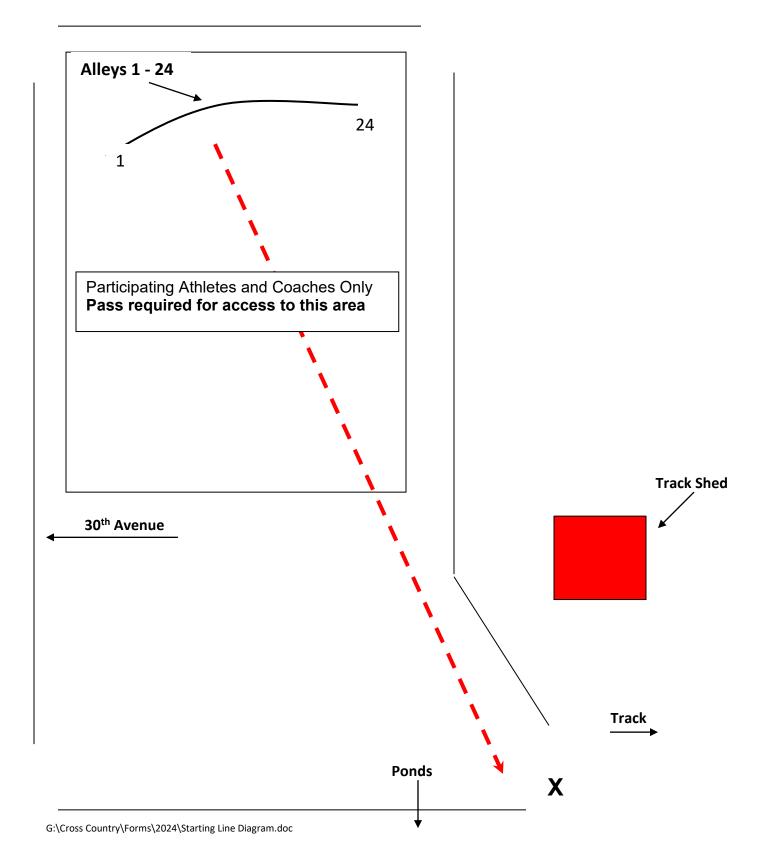
#### OSAA / OnPoint Community Credit Union

#### **CROSS COUNTRY STATE CHAMPIONSHIPS**

STATE GHAMPIONSHIPS
On Point
Owner our son

Presented by Nike Lane Community College 4000 E 30<sup>th</sup> Avenue, Eugene, OR 97405

### **STARTING LINE CONFIGURATION DIAGRAM**





#### OSAA / OnPoint Community Credit Union

#### **CROSS COUNTRY STATE CHAMPIONSHIPS**

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### STARTING LINE PROCEDURES / AUDIO-VISUAL START

Coaches – Please review the following instructions with your coaching staff and athletes prior to the race.

Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

#### Procedures -

- 1. A five-minute warning horn will be sounded prior to the start.
- 2. After runners report, the recall starters will give a brief and concise review of the starting commands and procedures to be used with competitors immediately before the start.
- 3. The starter will hold the starting device and red flag parallel to the ground and give a long blast on the whistle. This is the signal for the runners to step up to, but not touch the starting line and become motionless.
- 4. The starter slowly raises both arms overhead. 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.
- 5. The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start.

### 2A/1A BOYS

ZA/ IA BU13	
Chute #	Team
4	Knappa
5	Stanfield/Echo
6	Individuals
	Illinois Valley (2)
	Heppner
7	Monroe
8	Individuals
	Weston-McEwen
	Veritas
	Nixyaawii
9	Western Christian
10	Glendale
11	Southwest Christian
12	Individuals
	Pine Eagle
	Nestucca
	Myrtle Point
13	Trinity Lutheran
14	Regis
15	Union
16	Individuals
	McKenzie
	Mohawk
17	Vernonia
18	Bandon
19	Central Linn

## 3A/2A/1A GIRLS

Chute #	Team
3	Individuals
	St. Mary's, Medford
	Western Christian
	Glide
4	Pleasant Hill
5	Central Linn
6	Imbler
7	Individuals
	Lakeview (2)
	East Linn Christian
8	Heppner
9	Banks
10	Enterprise
11	Coquille
12	Кпарра
13	Westside Christian
14	Sisters
15	Oregon Episcopal
16	Union
17	Individuals
	Monroe
	Pine Eagle
	Salem Academy
18	Cascade Christian
19	Siuslaw
20	Taft
21	Valley Catholic

Chute #	Team
5	Siuslaw
6	Santiam Christian
7	Individuals
	Cascade Christian
	Elmira
	Harrisburg
8	Oregon Episcopal
9	Nyssa
10	Sisters
11	Valley Catholic
12	Neah-Kah-Nie
13	Enterprise
14	Glide
15	Yamhill-Carlton
16	Individuals
	Pleasant Hill
	Riverside
	Taft
	Vale
17	Banks
18	Burns

### **4A GIRLS**

Chute #	Team
5	Crook County
6	Junction City
7	Stayton
8	Individuals
	Pendleton (2)
	North Bend (2)
9	Klamath Union
10	Molalla
11	La Grande
12	Scappoose
13	Individuals
	Marist Catholic
	Newport
	Phoenix
14	Henley
15	Philomath
16	Individuals
	Cascade
	Madras
	Seaside
	Sweet Home
17	Cottage Grove
18	Baker
19	Tillamook
20	The Dalles

Chute #	Team
5	Marist Catholic
6	Klamath Union
7	Individuals
	Baker (2)
	Astoria
	Henley
8	Scappoose
9	La Grande
10	Crook County
11	Individuals
	Hidden Valley
	Marshfield
	Ontario
12	Molalla
13	Newport
14	Tillamook
15	Individuals
	St. Helens
	Mazama
	Stayton
16	Pendleton
17	Phoenix
18	The Dalles
19	Cottage Grove
20	Philomath

## **5A GIRLS**

Chute #	Team
5	Canby
6	Springfield
7	Silverton
8	Summit
9	Individuals
	La Salle Prep (2)
10	Corvallis
11	Bend
12	Putnam
13	Dallas
14	Caldera
15	Crescent Valley
16	North Eugene
17	Wilsonville
18	Crater
19	Individuals
	Ashland (2)
	Hood River Valley

Chute #	Team
5	Crater
6	Central
7	Bend
8	Individuals
	Canby
	Thurston
	Ridgeview
9	Wilsonville
10	Churchill
11	Silverton
12	Caldera
13	Milwaukie
14	Corvallis
15	North Eugene
16	Individuals
	La Salle Prep
	South Albany
17	Hood River Valley
18	Summit
19	Crescent Valley

**6A GIRLS** 

Chute #	Team
1	Sunset
2	Individuals
	St. Mary's Academy
	·
	Mountainside (2)
	North Medford (2)
3	Lake Oswego
4	McMinnville
5	Grant
6	Nelson
7	Jesuit
8	Individuals
	South Medford (2)
	Cleveland
	Forest Grove
	Glencoe
9	Grants Pass
10	Ida B. Wells
11	Individuals
	Oregon City
	South Salem
	Tualatin
	Willamette
12	Central Catholic
13	Individuals
	Clackamas (3)
	McNary (2)
14	Sprague
15	Lincoln
16	Lakeridge
17	Individuals
	Sandy (3)
	Sheldon (2)
18	Sherwood
19	Tigard
20	Westview
21	South Eugene
22	Franklin
23	Individuals
	Liberty
	Newberg
	North Salem
	Roseburg
	West Linn
25	West Salem
23	vvest saleiii

6A BOYS	
Chute #	Team
1	Forest Grove
2	Individuals
	North Medford
	South Salem
	Tualatin
	Liberty
	Roseburg
3	South Eugene
4	Grant
5	Sherwood
6	West Salem
7	Individuals
	McMinnville (2)
	Tigard (2)
	Cleveland
8	Sunset
9	Oregon City
10	Individuals
	Jefferson (2)
	Mountainside (2)
	David Douglas
11	Nelson
12	Lincoln
13	Lake Oswego
14	McNary
15	Individuals
	South Medford (3)
	Clackamas (2)
16	Jesuit
17	Individuals
	Sprague (5)
	Grants Pass
18	Franklin
19	Glencoe
20	West Linn
21	Individuals
	Westview (2)
	Gresham
	Lakeridge
	McDaniel
22	Central Catholic
23	Ida B. Wells
24	Sheldon