



DISTRICT MEET DIRECTOR INFORMATION

Additional information available on the OSAA website, www.osaa.org/activities

PRE-DISTRICT MEET

DISTRICT MEET DIRECTOR RESPONSIBILITY: Each item below is the **District Meet Director's** responsibility. If you have questions about any of these responsibilities, please contact Kelly Foster at 503.682.6722 x233 or email kellyf@osaa.org.

AT-LARGE SEEDING COMMITTEE: Each league/district will be responsible for choosing their own representative(s). A list of substitute coach representatives must be created so that they can be on the committee in the case that a current committee member has a team in the At-Large Pool.

Members Per Committee

6A - 1 coach per league, per gender + OACA Rep

4A - 1 coach per league + OACA Rep

2A/1A Boys - 1 coach per district + OACA Rep

5A - 1 coach per league + OACA Rep

3A Boys - 1 coach per district + OACA Rep

3A/2A/1A Girls - 1 coach per district + OACA Rep

Ineligible Coaches - A coach cannot be a league/district representative on the At-Large committee if they have a team (boys and/or girls) in the At-Large Pool.

DURING DISTRICT MEET

STATE CHAMPIONSHIP INFORMATION DISTRIBUTION: www.osaa.org/activities

The state championship information must be downloaded from the OSAA website. Tight timelines dictate distribution of materials for the state championship must be done at the district meet site. PLEASE ensure that each coach in your district receives the Cross Country State Championship AD & Coach Information **at the District Meet**. Your assistance in distributing this information is very much appreciated.

POST DISTRICT MEET

1. CHAMPIONSHIP QUALIFICATIONS: (Excerpt from OSAA 2023 Cross Country Plan)

Boys: www.osaa.org/activities/bxc/qualifications

Girls: www.osaa.org/activities/gxc/qualifications

A. 6A Boys and Girls

- 1) **Team Automatic Qualifiers** – Fourteen teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / district meets on or before **Saturday, October 28**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Four additional teams will qualify for the state championships. These teams will be determined by the selections committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top 14 across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top 14 individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league/district prior to submitting the official state championship entry to the OSAA.

B. 5A Boys and Girls

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / district meets on or before **Saturday, October 28**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Five additional teams will qualify for the state championships. These teams will be determined by the selections committee after district meets have concluded. [Seeding Criteria](#)

- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league/district prior to submitting the official state championship entry to the OSAA.

C. **4A Boys and Girls**

- 1) **Team Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / district meets on or before **Saturday, October 28**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – One additional team will qualify for the state championships. These teams will be determined by the selections committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league/district prior to submitting the official state championship entry to the OSAA.

D. **3A Boys**

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / district meets on or before **Saturday, October 28**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Four additional teams will qualify for the state championships. These teams will be determined by the selections committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league/special district prior to submitting the official state championship entry to the OSAA.

E. **3A/2A/1A Girls**

- 1) **Team Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / district meets on or before **Saturday, October 28**. Each league / special district determines how they select their three allotted championship spots.
- 2) **At-Large Qualifiers** – Two additional team will qualify for the state championships. These teams will be determined by the selections committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league/special district prior to submitting the official state championship entry to the OSAA.

F. **2A/1A Boys**

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / district meets on or before **Saturday, October 28**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Two additional teams will qualify for the state championships. These teams will be determined by the selections committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league/special district prior to submitting the official state championship entry to the OSAA.

2. STATE CHAMPIONSHIP ENTRIES WILL BE ADVANCED ON ATHLETIC.NET FOLLOWING DISTRICT MEET: Results must be uploaded and marked official no later than 9pm, Saturday, October 28, 2023.

- A. Submit your results on Athletic.net by following the steps below. Contact support@athletic.net if you have questions about uploading results.
 - 1) Go to www.athletic.net to upload your results following your district meet.
 - 2) Click on Coach Tools, to access your team page and calendar.
 - 3) Click on the district meet you hosted and then the 'Upload this Meet' link.
 - 4) Click on 'Upload a file' or the 'Paste Results' button. Once your file has loaded, click the 'Preview Matches' button to ensure that all results are showing up.
 - 5) Next, verify that all teams & athletes are matched correctly. If any are unmatched, select the corresponding match that is listed on Athletic.net.
 - 6) On the Publish Tab, click the 'Publish Results' button, and then click the 'Mark Official' button to lock results.
- B. Go to the meet results page to confirm that all results are showing up and correct.
 - 1) **Any corrections to your uploaded results must be submitted no later than 9pm, Saturday, October 28, 2023.** To submit corrections to your results, you will delete the original results file and upload a new, correct results file.
 - 2) Go to your meet results upload page and delete the original file.
 - 3) Next, upload a new results file that is corrected and is the complete set of meet results.
- C. Refer back to Steps 4-6 above, to finish posting your results.
 - 1) **Athletic.net will then follow OSAA Cross Country State Championship Qualification guidelines to advance athletes from each set of district meet results into the state meet, as entries.** Once your results are uploaded and marked as official, the process of declaring entries will be accomplished by Athletic.net's State Meet advancement system.
 - 2) Meet Directors will NOT need to individually submit the state qualifying entries. Athletic.net will handle everything once Official Results are posted. **You must ensure that your results are accurately posted on Athletic.net no later than 9pm, Saturday, October 28, 2023.**

3. PRE – STATE CHAMPIONSHIP POSTING TIMELINE: www.osaa.org/activities

- A. All entries will be posted on the website by **4pm on Sunday, October 29, 2023.**
- B. **District Meet Directors AND coaches** of qualifying teams and individuals **are responsible for checking the accuracy of the entry information, including correct spelling.**
- C. Checking your district's / school's entry information –
 - 1) Click on "2023 Entries" and your classification (i.e., 6A Boys, 6A Girls, etc.)
 - 2) **Check for correct spelling of participant's name, year in school, school name and district meet place**, as this information **will appear the same way in the souvenir program** unless corrected.

4. CORRECTIONS ONLY:

- A. **SUNDAY**, October 29, 4pm to 8pm. Please email Dan Bowdoin: dan@athletictiming.net.
- B. **MONDAY – FRIDAY**, please contact Kelly at the OSAA office, kellyf@osaa.org or 503.682.6722 x233.

CORRECTIONS MADE AFTER 2pm ON MONDAY WILL NOT APPEAR IN THE PROGRAM.

5. STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)

- A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.
- B. **Cross Country**
 - 1) **Individuals:** Substitutions for individual qualifiers not members of a qualifying team are not permitted.
 - 2) **Team:** Substitutions on qualified teams may be made up to 30 minutes prior to the start of the state championship race at that classification. A team may enter a maximum of seven participants with its top five finishers counting toward team standings.

Notification - Schools are required to notify the OSAA prior to the start of a state championship event if a student entered in the event will be unable to compete for any reason. Failure by a school to notify the OSAA prior to the start of a state championship event may result in a fine and/or other penalties being assessed to that school. **The district must notify the OSAA office, Kelly Foster, 503.682.6722 x233 or 503.318.1672.**

Please direct your questions or comments regarding this material or any other pertinent information as it relates to the state championship to Kelly Foster, 503.682.6722 x233.

2023 CROSS COUNTRY DISTRICT MEET DIRECTORS

Updated: 10/11/2023

If there are any changes or corrections that need to be made to the information listed below please email them to kathi @ kathif@osaa.org.								PLEASE IDENTIFY YOUR CLASSIFICATION & DISTRICT.	
District	League Name	Date	Site	AD / DMD	Host School	AD Work Phone	AD/ DMD E-mail		
6A-1	PIL	Oct. 23	Lents Park	Jessica Russell, AD / Meet Director	PIL	503.916.5200	jrusell@pps.net		
6A-2	METRO	Oct. 25	THPRD	Colin Griffin, AD / Meet Director	Jesuit HS	503.291.5418	cgriffin@jesuitportland.org		
6A-3	PACIFIC	Oct. 26	THPRD	Alan Foster, AD / Meet Director	Liberty HS	503.844.1277	fosterl@hsd.k12.or.us		
6A-4	MT HOOD	Oct. 25	Reynolds HS	Ryan Aldred, AD / Meet Director	Reynolds HS	503.667.3186 x1126	raldred@sd7.net		
6A-5	THREE RIVERS	Oct. 25	Clackamas Community College	Ryan Taylor, AD Chris McIsaac, Meet Director	Tigard HS	503.431.5462	rtaylor1@ttsd.k12.or.us cmcisaac@ttsd.k12.or.us		
6A-6	CENTRAL VALLEY	Oct. 25	Oak Knoll Golf Course	Brodie Cavaille, AD / Meet Director	North Salem HS	503.399-3274	cavaille_brodie@salkeiz.k12.or.us		
6A-7	SOUTHWEST	Oct. 25	Lane Community College	Jim Moore, AD / Meet Director Steve Richards, Meet Director	South Eugene HS	541.790.8019	moore_ji@4j.lane.edu richards_s@4j.lane.edu		
5A-1	NORTHWEST OREGON	Oct. 25	Champoeg Park	Chris George, AD / Meet Director	La Salle Prep HS	503.353.1415	cgeorge@lsprep.org		
5A-2	MIDWESTERN	Oct. 25	Jackson County Expo	Brad Eaton, AD Tiki Winner, Meet Director	Crater HS	541.494.6386	brad.eaton@district6.org runningtiki@gmail.com		
5A-3	MID-WILLAMETTE	Oct. 27	Cheadle Park (Lebanon)	Jay Minyard, AD Branson Bartlett, Meet Director	South Albany HS	541.967.4522	jay.minyard@albany.k12.or.us branson.bartlett@albany.k12.or.us		
5A-4	INTERMOUNTAIN	Oct. 24	Juniper Golf Course, Redmond	Jesse Eveland, AD Randy Furman, Meet Director	Redmond HS	541.923.4800 x1712	jesse.eveland@redmondschools.org randy.furman@redmondschools.org		
4A-1	COWAPA	Oct. 26	McCormick Park (St. Helens)	Michael Lady, AD / Meet Director	St. Helens HS	503.366.7406	michael@sthelens.k12.or.us		
4A-2	TRI-VALLEY	Oct. 25	Mdver State Park	Andrew Mott, AD John Erickson, Meet Director	Estacada HS	503.630.8515	motta@estacada.k12.or.us ericksoj@estacada.k12.or.us		
4A-3	OREGON WEST	Oct. 28	Philomath MS	Shelley Moore, AD Tom Swinford, Meet Director	Newport HS	541.265.9281	shelley.moore@lincoln.k12.or.us run@newportmarathon.org		
4A-4	SKY-EM	Oct. 26	Lane Community College	Garrett Bridgens, AD Ricky Knutson, Meet Director	Cottage Grove HS	541.942.3391	garrett.bridgens@lane.k12.or.us ricky.knutson@lane.k12.or.us		
4A-5	SKYLINE	Oct. 25	Steen Sports Park	Luke Hammond, AD TBD, Meet Director	Henley HS	541.883.5040	hammond@ksd.k12.or.us		
4A-6	GREATER OREGON	Oct. 26	Birch Creek Golf Course	Mike Sommis, AD / Meet Director	Pendleton HS	541.276.3805	msommis@pendletonsd.org		
3A-SD1 Boys	Special District 1	Oct. 24	Valley Catholic HS	David Henry, AD Scott Ball, Meet Director	Westside Christian HS	503.697.4711	henry@wchsonline.org ball@wchsonline.org		
3A-SD2 Boys	Special District 2	Oct. 26	Cheadle Lake Park	Kenny Gerig, AD Kellen Peters, Meet Director	East Linn Christian	541.451.1076	kgerig@eastlinnchristian.org kpeters@eastlinnchristian.org		
3A-SD3 Boys	Special District 3	Oct. 27	Pendleton Community Park	James Freitag, AD Steve Sheehy, Meet Director	Union HS	541.562.5166	james.freitag@unionsd5.org stesheehy@gmail.com		
3A-SD4 Boys	Special District 4	Oct. 26	Valley of the Rogue State Park	Josh Grotting, AD / Meet Director Joe Volk, Meet Director	Sutherlin HS St. Mary's HS, Medford	541.459.9551	josh.grotting@sutherlin.k12.or.us jvolk@smschool.us		

2023 CROSS COUNTRY DISTRICT MEET DIRECTORS

Updated: 10/11/2023

If there are any changes or corrections that need to be made to the information listed below please email them to Kathi @ kathif@osaa.org.							PLEASE IDENTIFY YOUR CLASSIFICATION & DISTRICT.	
District	League Name	Date	Site	AD / DMD	Host School	AD Work Phone	AD/ DMD E-mail	
2A/1A-SD1 Boys	Special District 1	Oct. 24	Valley Catholic HS	David Henry, AD Scott Ball, Meet Director	Westside Christian HS	503.697.4711	henry@wchsonline.org ball@wchsonline.org	
2A/1A-SD2 Boys	Special District 2	Oct. 26	Cheadle Lake Park	Kenny Gerig, AD Kellen Peters, Meet Director	East Linn Christian	541.451.1076	kgerig@eastlinnchristian.org kpeters@eastlinnchristian.org	
2A/1A-SD3 Boys	Special District 3	Oct. 27	Pendleton Community Park	James Freitag, AD Steve Sheehy, Meet Director	Union HS	541.562.5166	james.freitag@unionsd5.org ste-sheehy@gmail.com	
2A/1A-SD4 Boys	Special District 4	Oct. 26	Valley of the Rogue State Park	Josh Grotting, AD / Meet Director Joe Volk, Meet Director	Sutherlin HS St. Mary's HS, Medford	541.459.9551	josh.grotting@sutherlin.k12.or.us jvolk@smschool.us	
3A/2A/1A-SD1 Girls	Special District 1	Oct. 24	Valley Catholic HS	David Henry, AD Scott Ball, Meet Director	Westside Christian HS	503.697.4711	henry@wchsonline.org ball@wchsonline.org	
3A/2A/1A-SD2 Girls	Special District 2	Oct. 26	Cheadle Lake Park	Kenny Gerig, AD Kellen Peters, Meet Director	East Linn Christian	541.451.1076	kgerig@eastlinnchristian.org kpeters@eastlinnchristian.org	
3A/2A/1A-SD3 Girls	Special District 3	Oct. 27	Pendleton Community Park	James Freitag, AD Steve Sheehy, Meet Director	Union HS	541.562.5166	james.freitag@unionsd5.org ste-sheehy@gmail.com	
3A/2A/1A-SD4 Girls	Special District 4	Oct. 26	Valley of the Rogue State Park	Josh Grotting, AD / Meet Director Joe Volk, Meet Director	Sutherlin HS St. Mary's HS, Medford	541.459.9551	josh.grotting@sutherlin.k12.or.us jvolk@smschool.us	

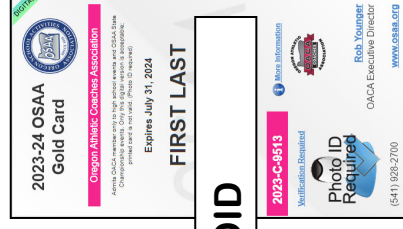
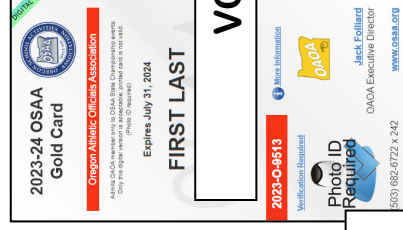
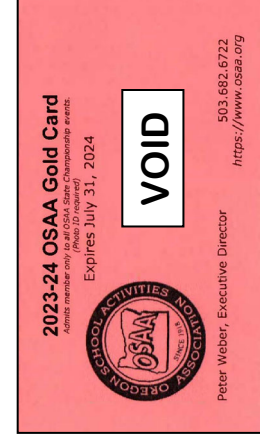
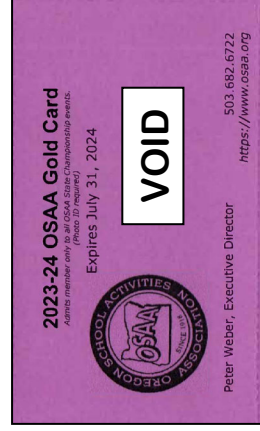
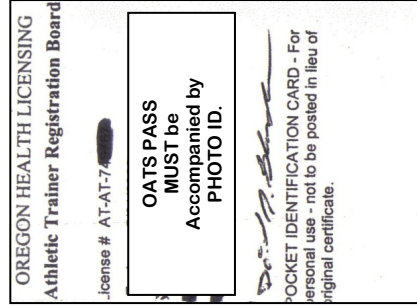
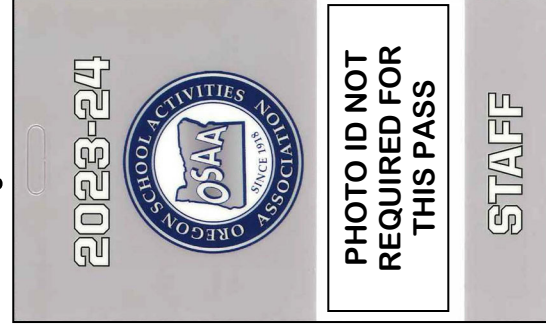
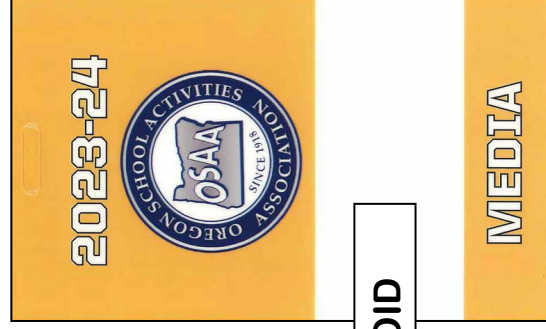
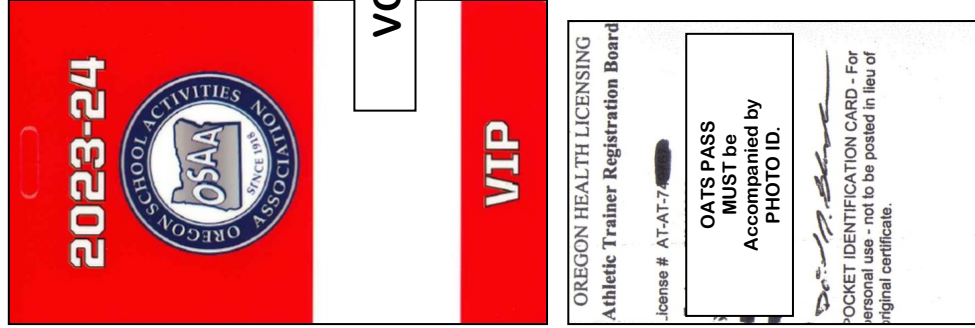


Cross Country State Championships

PASS GATE



Passes accepted with photo ID:



**Both paper and digital Gold Cards require Photo ID
and digital Gold Cards must be presented on phone.**

No school, athletic district, officials' association, etc., passes.



SPECTATOR CONDUCT

- A. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of unacceptable conduct include but are not limited to: disrespecting players by name, number or position; negative cheers or chants; throwing objects on the playing surface; use of derogatory or racially explicit language; discriminatory harassment or conduct that creates a hostile environment that is disruptive to the educational environment.
- B. Spectators shall not turn their heads or hold up newspapers during team introductions, or jeer at cheerleaders during opposing team introductions.
- C. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive action.
- D. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. "Fathead" type items are considered signs and shall not be larger than 8 ½ by 11 inches. Spectators are required to wear shirts.
- E. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- F. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

OSAA Handbook, Rule 3, Contests – Sportsmanship – Crowd Control

Be LOUD! Be PROUD! Be POSITIVE!

FOLLOW
OSAIA
ON SOCIAL MEDIA

@OSAASPORTS
#OPREPS



GAMEDAY INFORMATION

OSAA *Live*

TICKETS | PROGRAMS
MERCHANDISE | RESULTS | SCHEDULES



**OSAA / OnPoint Community Credit Union Cross Country District Meet
Public Address Script**

Good morning / afternoon ladies and gentlemen. We welcome you to today's _____ Cross Country District Meet.

SPORTSMANSHIP (REQUIRED)

Every student performing here today has had dreams of being a star in their own right. What they never dreamed of, is being ridiculed or threatened for how they look, where they came from, how they worship, or who they love. And yet this happens repeatedly at sporting events across our state. We are better than this. As athletes. As fans. As Oregonians.

In sport, every participant must play by the same rules. Now, so does everyone in attendance at OSAA interscholastic events. Each of us is expected to encourage and contribute to an environment of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT throughout the event. The OSAA calls it being a STAR. And if you can do it, consider yourself a STAR. If you can't, you'll find yourself on the outside looking in at this and potentially any future interscholastic events in Oregon.

We all have a role to play in making events like this a success. So, whether you're on the field or in the stands—play well, play hard, and play fair. Because Greatness...is Hateless.

OSAA SPONSOR ANNOUNCEMENTS

Sponsor announcements are for use during breaks in the action and can be read more than once.

1. Visit OSAA dot org for all your Cross Country State Championships information. The official website of the OSAA has district meet results, plus links to purchase tickets and souvenir merchandise, historical Cross Country State Championship results and a lot more. That's OSAA dot org.
2. OnPoint Community Credit Union is a proud sponsor of the OSAA State Championship. OnPoint is Oregon's largest locally headquartered credit union – serving more than 522,000 members. Federally insured by NCUA. Equal housing opportunity.
3. Stay connected to your favorite team with the OSAA Live mobile app. OSAA Live features the latest scores, schedules and rankings for all teams and leagues across Oregon. Purchase State Championship tickets. Access OSAA State Championship programs. Read the latest prep news and information. Search OSAA Live in the App Store or on Google Play to download today.
4. Purchase your official State Championships merchandise at OSAA store dot com. With RushTeamApparel, the exclusive merchandise partner of the OSAA, you have more options! Customize your gear with your school name, a student-athlete name, event decals, and more! Nike products are also available. Browse the selection of official State Championships merchandise at OSAA store dot com.
5. Each of us is here to either compete in a sporting event, or to support those who are. An event in which the rules apply equally to everyone, designed to ensure fair competition, encourage sportsmanship, and bring out the best in each participant. We are here to share our support — for our students, our community, and for each other. And to create an environment of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT. We call it being a STAR. Learn what it takes to be a STAR at O-S-A-A dot org slash equity.
6. Your local Toyota Dealers are proud to support the OSAA, it's member schools, and the thousands of students competing each and every day. Toyota is the official automobile of the OSAA. Toyota dot com.
7. For in-depth coverage of high school activities across the state, OSAA today is the answer. OSAA today has the latest news, stories, coaches polls and more. OSAA today features stories from around the state. Also, be sure to subscribe to the OSAA today Podcast wherever you get your podcasts! Visit OSAA dot org slash today!

8. A sponsor of OSAA State Championships, OnPoint provides our local communities with the banking and lending solutions they need to get ahead. Federally insured by NCUA. Equal housing opportunity.
9. Moda Health is a proud sponsor of O-S-A-A events because students who discover their strength through sports grow into healthy adults. At Moda Health we believe better health is a team sport. Experience Better.
10. You can now own your very own mini OSAA State Championship trophy just like the ones presented on championship day. They're a great gift for students, coaches and family members. Cost is \$70 and includes shipping and a personalized nameplate. Mini Trophies can be custom made for any team or any individual from any year. Order your official mini trophy online at OSAA dot org backlash shop.
11. High school students deserve the right to participate in sports and activities – the problem is that not every student or their family can afford the costs associated. The OSAA Foundation Student Assistance Program is here to help breakdown those barriers to allow students to learn the lifelong lessons you receive from participating. Visit o-s-a-a foundation dot org to find out how you can help.
12. For over forty-five years, Pacific Office Automation has remained locally owned and operated. They support the community and people and places that matter. That's why they continue to sponsor the OSAA year after year. To learn more, visit Pacific Office dot com. Pacific Office Automation – Problem Solved.
13. The OSAA reminds you that Abby's Legendary Pizza is our Official Team Party Place. Schedule your end-of-season party at any Abby's pizza parlor and receive 20% off your entire meal. Abby's: Legendary pizza for legendary coaches and athletes since 1964.
14. The official OSAA State Championship Program is available to download right to the palm of your hand! Programs are available on the new OSAA Live mobile app or online at OSAA dot org backlash program.
15. The Army is a proud sponsor of the OSAA. With more than 150 career opportunities and money for college find out how you can be a part of a winning team. Learn more at go army dot com slash OSAA. The U.S. Army...National Champs since 1775.
16. Nike is proud to be the presenting sponsor of the OSAA Cross Country State Championships. Visit them online at nike dot com to see the latest in Nike gear.
17. As participants, coaches, fans, friends, and parents, we now have our own rules. Designed to ensure and encourage an atmosphere of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT for all of us. We call it being a STAR, and it means not threatening or ridiculing anyone in attendance based on their race, gender, age, color, national origin, ethnicity, disability, sexual orientation or religion. Learn what it takes to be a STAR at O-S-A-A dot org slash equity.
18. Want to stay in shape, be involved in a sport you love and earn money in the process? Become an athletic official! We need more Basketball and Wrestling officials for this Winter. Visit OSAA-dot-org backlash officials for more information and to get registered.
19. Northwest Sports Photography is shooting action, team and awards photos during this year's Cross Country State Championships. Team photos can be taken on the awards stand. The pictures will be posted to NSP's website, 4-N-S-P dot com, by Sunday evening for viewing and purchase. Get your action and awards photos at 4-N-S-P dot com.
20. The team at rSchoolToday is proud to be partners of the OSAA. With its \$40 Million Dollar Dash initiative, rSchoolToday is striving to help schools in Oregon provide the best opportunities for every youth athlete and never worry about a budget again. Want to help? Find your school at donate.rschooltoday.com, make a pledge, and earn rewards for your athlete. Rewards include college recruiting tools, academic eligibility reporting, discounts at retailers, and even free food. Show your support for high school athletics in Oregon! Get started at donate.rschooltoday.com.
21. "The Oregon Air Guard is Oregon's hometown Air Force. Who says you have to go far to put down roots? With offices in Portland, Vancouver, Beaverton, Albany, Bend, Klamath Falls, Grants Pass, and Medford we

have Recruiters across the state that will help you discover where you can serve part-time right here in Oregon. The Oregon Air Guard offers 100% Tuition Paid for in-state colleges and universities, world-class technical training, and the ability to help you achieve your goals. The best way to predict the future is to write it yourself. We are proud to partner with OSAA!"

22. Milk has fueled athletes for centuries, delivering a powerful combination of natural nutrients that aid muscle repair, rehydration, and replenishment. The Oregon Dairy and Nutrition Council is proud to refuel Oregon athletes with milk - the official recovery beverage of the OSAA. Find out more about what milk can do for you at gonnaneedmilk.com
23. Since 1990, Settlemier's Jackets has been making the finest Letterman Jackets for the Oregon high school community. For three generations this family business has been building varsity jackets using local materials and labor, crafting high-quality jackets to tell the story of the Oregon athletes, activists and artists. Settlemier's believes that your best deserves the best, without compromise. Visit settlemiersjackets.com to rep your Oregon High School with the local pride that comes from owning a custom-made Settlemier's Jacket!
24. Follow the OSAA on Facebook, Twitter, and Instagram to get up to the minute results from all state championship events. Search Oregon School Activities Association on Facebook and OSAASports on Twitter. Be connected, stay connected with prep sports with the social network applications from the OSAA.

END OF MEET ANNOUNCEMENT

Special thanks to OSAA title sponsor OnPoint Community Credit Union for their support of Oregon High School Activities. And thanks to you for your support of high school activities. All OSAA State Championships will utilize digital tickets, so plan ahead. Purchase tickets today through the OSAA Live mobile app or at O-S-A-A dot org slash tickets. Also, purchase your state championship merchandise and pick it up at the State Championships at Lane Community College by visiting OSAA Store dot com. Please drive home safely!