



OSAA / OnPoint Community Credit Union
2019 CROSS COUNTRY STATE CHAMPIONSHIPS

November 9, 2019
Lane Community College
4000 E 30th Avenue, Eugene, OR 97405



STARTING LINE PROCEDURES / AUDIO-VISUAL START

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

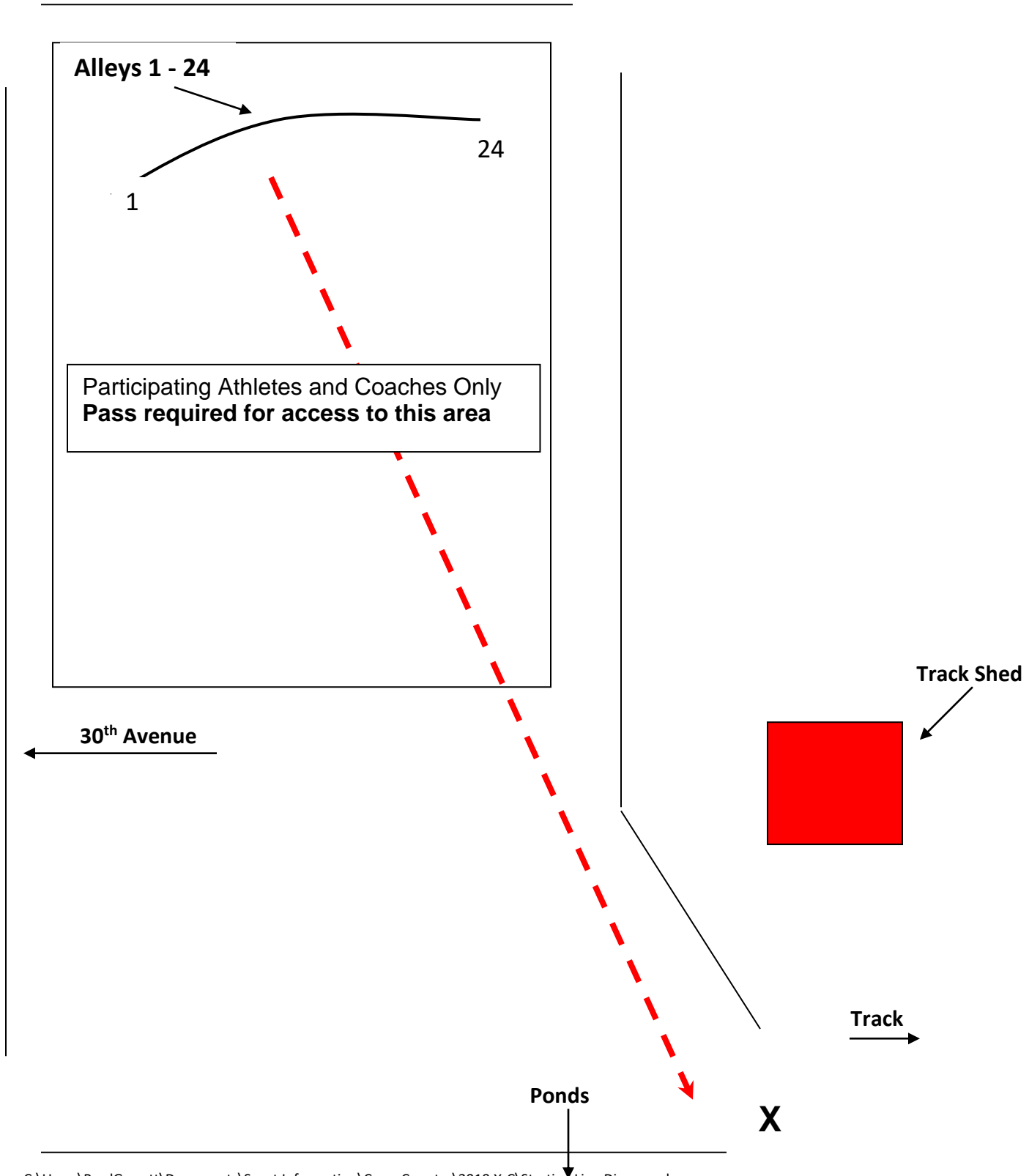
Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

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.



STARTING LINE CONFIGURATION DIAGRAM





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Chute Assignments

3A Boys

- 7) Enterprise/Joseph/Wallowa
- 8) Westside Christian
- 9) Individuals
 - a. Blanchet Catholic
 - b. Cascade Christian
 - c. South Umpqua
- 10) Taft
- 11) Brookings Harbor
- 12) Individuals
 - a. Amity
 - b. Willamina
 - c. La Pine
- 13) Burns
- 14) Catlin Gabel
- 15) Santiam Christian
- 16) Creswell
- 17) Riverdale

2A/1A Boys

- 7) Chemawa
- 8) St. Stephen's Academy
- 9) Glide
- 10) Veritas
- 11) Individuals
 - a. Trinity Academy
 - b. St. Paul
 - c. Trinity Lutheran
- 12) Union/Cove
- 13) Bandon
- 14) East Linn Christian Academy
- 15) Nestucca
- 16) Individuals
 - a. Crosshill Christian
 - b. Stanfield/Echo
 - c. Oakland
 - d. Oakridge
- 17) Knappa
- 18) Heppner/lone

3A/2A/1A Girls

- 7) Individuals
 - a. Vernonia
 - b. Scio
 - c. Heppner/lone
- 8) Catlin Gabel
- 9) Bandon
- 10) Kennedy
- 11) Burns
- 12) Yamhill-Carlton
- 13) Veritas
- 14) Sutherlin
- 15) Central Linn
- 16) Individuals
 - a. Portland Adventist Academy
 - b. Taft
 - c. Enterprise/Joseph /Wallowa
 - d. Oakridge
- 17) Lakeview
- 18) Neah-Kah-Nie
- 19) Union/Cove
- 20) St. Stephen's Academy



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Chute Assignments

4A Boys

- 5) Tillamook
- 6) Marist Catholic
- 7) Individuals
 - a. Estacada
 - b. Marshfield
 - c. North Valley
- 8) Sisters
- 9) Individuals
 - a. Stayton
 - b. Cottage Grove
 - c. Phoenix
 - d. Ontario
- 10) Gladstone
- 11) Klamath Union
- 12) La Grande
- 13) Siuslaw
- 14) Individuals
 - a. Astoria (2)
 - b. Newport (2)
- 15) Molalla
- 16) Baker/Powder Valley
- 17) Hidden Valley
- 18) Valley Catholic
- 19) Philomath/Kings Valley

4A Girls

- 5) Philomath
- 6) La Grande
- 7) Individuals
 - a. Hidden Valley
 - b. Henley
 - c. McLoughlin
- 8) Tillamook
- 9) Klamath Union
- 10) Individuals
 - a. Gladstone (2)
 - b. Sisters (2)
- 11) Corbett
- 12) Marist Catholic
- 13) Phoenix
- 14) Baker/Powder Valley
- 15) Stayton
- 16) Estacada
- 17) Siuslaw
- 18) Individuals
 - a. Valley Catholic
 - b. Madras
 - c. Junction City
- 19) Astoria



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Chute Assignments

5A Boys

- 6) Parkrose
- 7) North Bend
- 8) Crook County
- 9) Wilsonville
- 10) Corvallis
- 11) Crater
- 12) Crescent Valley
- 13) Individuals
 - a. Milwaukie
 - b. St. Helens
 - c. La Salle Prep
 - d. Redmond
- 14) Churchill
- 15) Dallas
- 16) The Dalles/Dufur
- 17) Scappoose
- 18) Silverton
- 19) Ashland

5A Girls

- 6) Individuals
 - a. Thurston
 - b. Redmond
- 7) Crater
- 8) North Salem
- 9) Hood River Valley
- 10) Putnam
- 11) West Albany
- 12) Churchill
- 13) Ashland
- 14) Wilsonville
- 15) Crescent Valley
- 16) North Bend
- 17) Corvallis
- 18) The Dalles/Dufur
- 19) La Salle Prep



Chute Assignments

6A Boys

- 1) Clackamas
- 2) South Medford
- 3) Franklin
- 4) South Eugene
- 5) Tualatin
- 6) Sunset
- 7) Sherwood
- 8) West Linn
- 9) Wilson
- 10) Bend
- 11) McMinnville
- 12) Individuals
 - a. Roosevelt
 - b. Forest Grove
 - c. Mountain View
 - d. Roseburg
- 13) Summit
- 14) Jesuit
- 15) South Salem
- 16) Newberg
- 17) Reynolds
- 18) Lincoln
- 19) Oregon City
- 20) Sheldon
- 21) Aloha
- 22) Central Catholic
- 23) Individuals
 - a. Sandy (2)
 - b. Canby (2)

6A Girls

- 1) Sherwood
- 2) Canby
- 3) Bend
- 4) Lincoln
- 5) Roseburg
- 6) Liberty
- 7) Individuals
 - a. Grant
 - b. Newberg
 - c. St. Mary's Academy
 - d. West Salem
- 8) Clackamas
- 9) Wilson
- 10) South Eugene
- 11) Sunset
- 12) West Linn
- 13) Jesuit
- 14) Central Catholic
- 15) Aloha
- 16) Grants Pass
- 17) Summit
- 18) McMinnville
- 19) Franklin
- 20) Individuals
 - a. Reynolds
 - b. Tigard
 - c. Sprague
- 21) McKay
- 22) Barlow
- 23) Tualatin