



OSAA / U.S. Bank / Les Schwab Tires
2016 CROSS COUNTRY STATE CHAMPIONSHIPS

November 5, 2016
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.

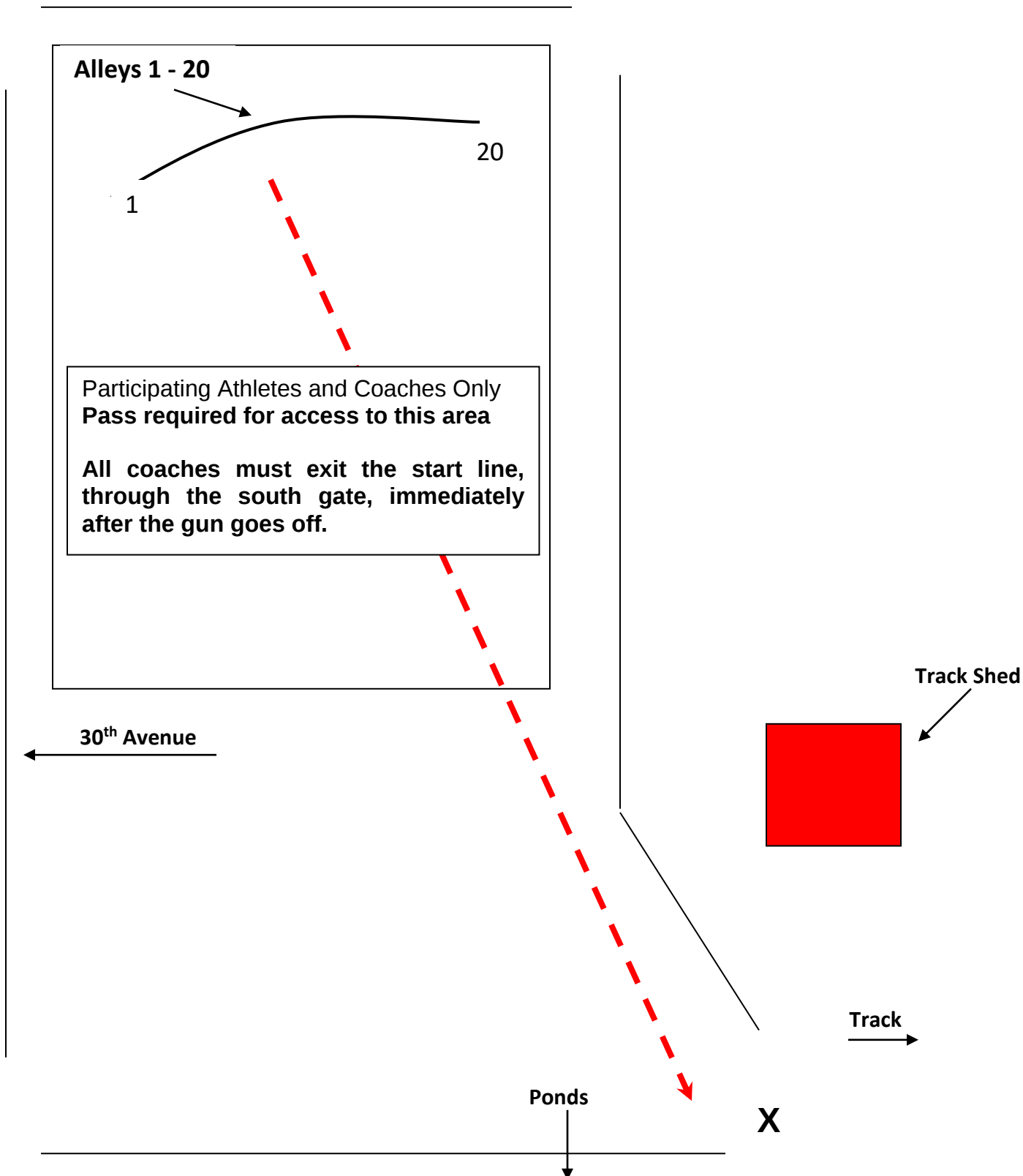


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STARTING LINE CONFIGURATION DIAGRAM





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Chute Assignments

***Individual qualifiers placed in qualifying team chutes are awarded a front starting position**

6A Boys

- 1) South Eugene
- 2) Tigard
- 3) Central Catholic
- 4) Wilson
 - a. *Roosevelt
- 5) Grants Pass
 - a. *North Medford
- 6) Sunset
- 7) West Salem
- 8) Barlow
 - a. *Clackamas
- 9) Lakeridge
- 10) Individuals
 - a. South Salem (2)
 - b. Tualatin (2)
- 11) West Linn
 - a. *Sherwood
- 12) Jesuit
- 13) Individuals
 - a. Canby (3)
 - b. Westview
- 14) Lincoln
- 15) Sheldon
- 16) Franklin
 - a. *Grant
- 17) Aloha
 - a. *Beaverton
- 18) Forest Grove
- 19) McMinnville
 - a. *Newberg
- 20) Reynold
 - a. *David Douglas

6A Girls

- 1) Lincoln
- 2) Clackamas
 - a. *Reynolds
- 3) Jesuit
- 4) Individuals
 - a. David Douglas
 - b. Grant
 - c. North Medford (2)
- 5) St. Mary's Academy
- 6) South Eugene
- 7) West Linn
 - a. *West Salem
- 8) Central Catholic
- 9) Franklin
- 10) Sprague
 - a. *South Salem
- 11) Wilson
- 12) Forest Grove
 - a. *Newberg
- 13) South Medford
- 14) Tualatin
- 15) Sunset
 - a. *Southridge
- 16) Individuals
 - a. Lake Oswego (2)
 - b. Barlow
 - c. Grants Pass
- 17) Sheldon
- 18) Westview
- 19) McMinnville
 - a. *North Salem
- 20) Oregon City



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Chute Assignments

5A Boys

- 3) Individuals
 - a. Churchill
 - b. Hermiston
 - c. Ridgeview
- 4) Crescent Valley
- 5) La Salle Prep
- 6) Bend
- 7) Marist
- 8) Sandy
- 9) Crater
- 10) The Dalles
- 11) Individuals
 - a. Dallas
 - b. Mountain View
 - c. St. Helens
- 12) Silverton
- 13) Individuals
 - a. Corvallis
 - b. Milwaukie
 - c. South Albany
- 14) Ashland
- 15) Summit
- 16) Woodburn
- 17) Wilsonville
- 18) Hood River Valley

5A Girls

- 3) Hood River Valley
- 4) Lebanon
- 5) St. Helens
- 6) Ashland
- 7) Individuals
 - a. Churchill
 - b. Hermiston
 - c. Hillsboro
- 8) Marist
- 9) Wilsonville
- 10) Bend
- 11) Crater
- 12) Crescent Valley
- 13) Individuals
 - a. Mountain View
 - b. Springfield
- 14) The Dalles
- 15) Sandy
- 16) Corvallis
- 17) Summit



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Chute Assignments

4A Boys

- 2) Marshfield
- 3) La Grande
- 4) Estacada
- 5) Individuals
 - a. Yamhill-Carlton (2)
 - b. Elmira
 - c. Siuslaw
- 6) Phoenix
- 7) Individuals
 - a. Gladstone (2)
 - b. Henley
 - c. South Umpqua
- 8) Stayton
- 9) Valley Catholic
- 10) Cottage Grove
- 11) Hidden Valley
- 12) Individuals
 - a. Madras
 - b. Scappoose
 - c. Tillamook
- 13) North Bend
- 14) Individuals
 - a. Ontario
 - b. Sisters
 - c. Astoria
 - d. Sweet Home
- 15) Junction City
- 16) Seaside
- 17) Philomath
- 18) Baker
- 19) Crook County

4A Girls

- 2) Philomath
- 3) Baker
- 4) Phoenix
- 5) Estacada
- 6) Individuals
 - a. Marshfield (2)
 - b. South Umpqua
 - c. North Valley
- 7) Junction City
- 8) Siuslaw
- 9) North Bend
- 10) Scappoose
- 11) Individuals
 - a. Molalla
 - b. Stayton
 - c. Yamhill-Carlton
- 12) La Grande
- 13) Individuals
 - a. Elmira
 - b. Hidden Valley
 - c. Valley Catholic
- 14) Newport
- 15) Sisters
- 16) Crook County
- 17) Klamath Union
- 18) Tillamook



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Chute Assignments

3A/2A/1A Boys

- 2) Bandon
- 3) Riverdale
- 4) Jefferson
- 5) Pleasant Hill
- 6) Union
- 7) Individuals
 - a. Heppner
 - b. Oakridge
 - c. Triangle Lake
- 8) Southwest Christian
- 9) Veritas
- 10) Individuals
 - a. Portland Christian (2)
 - b. Western McEwen
- 11) East Linn
- 12) Nyssa
- 13) Individuals
 - a. Burns
 - b. Santiam Christian
 - c. Westside Christian
- 14) Taft
- 15) Horizon Christian
- 16) Kennedy
- 17) Lakeview
- 18) Creswell
- 19) Oregon Episcopal

3A/2A/1A Girls

- 3) Nestucca
- 4) Individuals
 - a. Gold Beach (2)
 - b. East Linn
 - c. Oakridge
- 5) Creswell
- 6) Individuals
 - a. Central Linn
 - b. Coquille
 - c. North Clackamas Christian
 - d. Lakeview
- 7) Enterprise
- 8) Oregon Episcopal
- 9) Westside Christian
- 10) St. Mary's School
- 11) Oak Hill
- 12) Bandon
- 13) Union
- 14) Catlin Gable
- 15) Individuals
 - a. Santiam Christian
 - b. Nyssa (2)
 - c. Crosshill Christian
- 16) Neah-Kah-Nie
- 17) Kennedy