



OSAA / OnPoint Community Credit Union  
**2025 CROSS COUNTRY STATE CHAMPIONSHIPS**  
November 8, 2025  
Lane Community College  
4000 E 30<sup>th</sup> Avenue, Eugene, OR 97405



## ADMINISTRATIVE INFORMATION

Additional information available on the OSAA website, [www.osaa.org/activities](http://www.osaa.org/activities)

1. **EMERGENCY PLAN:** In the event of an emergency, natural disaster, fire, war, etc. that forces postponement or cancellation of an OSAA State Championship event, information will be posted to the home page of the OSAA website ([www.osaa.org](http://www.osaa.org)) and distributed to statewide media outlets.

2. **OSAA LIVE MOBILE APP:** [www.osaa.org/app](http://www.osaa.org/app)



The OSAA Live mobile app allows you to:

- Access OSAA Championship game and event day information – purchase tickets, shop official merchandise, and access championship programs.
- Follow your favorite teams
- Get updated schedules, scores, and rankings

Download the OSAA Live mobile app using the QR code above or find it in the App Store or in Google Play by searching for “OSAA Live”.

3. **ADMISSION:** [www.osaa.org/shop/tickets](http://www.osaa.org/shop/tickets)

- A. **Ticket Prices:** *Student is any child age 5 & up through a senior in high school.*

Finals                      Adults – \$12                      Students – \$6

- B. Digital tickets may be purchased through [HomeTown Ticketing](http://HomeTown Ticketing) on the OSAA website, [www.osaa.org/shop/tickets](http://www.osaa.org/shop/tickets), through the OSAA Live Mobile App, or [www.osaa.org/app](http://www.osaa.org/app).

Follow the OSAA on Facebook and Twitter for notification on when tickets are available.

- C. Gates open at 8am.

- D. **Bus Drivers:** Schools are responsible for all bus driver admissions. The OSAA does not provide passes for bus drivers.

- E. **Passes:** ONLY the OSAA Gold Card, OSAA VIP pass, OSAA Media pass, and OSAA Cross Country Media pass, which will admit the bearer only with photo ID, are to be honored at any OSAA State Championship event. No school, athletic district, official's association, etc., passes are to be accepted.

4. **EXPENSES:** [www.osaa.org/docs/forms/ReimbursementFormula.pdf](http://www.osaa.org/docs/forms/ReimbursementFormula.pdf)

Team expenses will be paid by check at the conclusion of the fall sports season according to the 2025-26 Reimbursement Formula.

5. **LODGING AND VISITOR INFORMATION:** Schools are to make their own arrangements for lodging.

- A. **Headquarter Hotel – Holiday Inn Express & Suites – Eugene:** [www.hiexpress.com/eugeneoregon](http://www.hiexpress.com/eugeneoregon)

Call 541.284.0256 for rate information.

- B. **Visitor Information:** [www.travellanecounty.org](http://www.travellanecounty.org)

Visit Travel Lane County online or call them at 800.547.5445 for more information about dining, shopping, lodging, and more while in Lane County.

6. **RULE 3 – CONTESTS – SPORTSMANSHIP – CROWD CONTROL** (OSAA Handbook, Rules)

7. **SERVICE ANIMALS:** Trained guide dogs and service animals assisting guests are welcome at OSAA State Championships. All other animals are prohibited. All service animals must remain on a leash or in a harness, and be in full control of the handler, at all times. Handlers are responsible for any damage or injuries caused by their animals, must properly dispose of waste in appropriate containers and must take appropriate precautions to prevent property damage or injury.

8. **LOST AND FOUND:** During the event, Lost & Found will be at the OSAA Event Office or other location designated by the host facility / OSAA Staff. For more information, please contact [www.lanec.edu/copps/documents/lost-and-found](http://www.lanec.edu/copps/documents/lost-and-found) or 541.463.5588 for your items.

## **COACH / TEAM INFORMATION**

Additional information available on the OSAA website, [www.osaa.org/activities](http://www.osaa.org/activities)

### **PRE-STATE CHAMPIONSHIPS**

#### **1. CHAMPIONSHIP QUALIFICATIONS:** (Excerpt from OSAA 2025 Cross Country Plan)

Boys: [www.osaa.org/activities/bxc/qualifications](http://www.osaa.org/activities/bxc/qualifications)

Girls: [www.osaa.org/activities/gxc/qualifications](http://www.osaa.org/activities/gxc/qualifications)

##### **A. 6A Boys and Girls**

- 1) **Team Automatic Qualifiers** – 14 teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. 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 At-Large Committee after district meets have concluded.  
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 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 / special 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 / special district meets on or before **Saturday, November 1**. 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 At-Large Committee after district meets have concluded.  
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 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.

##### **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 / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifier** – One additional team will qualify for the state championships. This team will be determined by the At-Large Committee after district meets have concluded.  
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 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.

##### **D. 3A Boys**

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. 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 At-Large Committee after district meets have concluded.  
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>

- 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 / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their three allotted championship spots.
- 2) **At-Large Qualifiers** – **Four** additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded.  
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 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 / special district meets on or before **Saturday, November 1**. 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 At-Large Committee after district meets have concluded.  
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 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. **PRE – STATE CHAMPIONSHIP POSTING TIMELINE:** [www.osaa.org/activities](http://www.osaa.org/activities)

- A. All entries will be posted on the website by **4pm on Sunday, November 2, 2025**.
- 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 “2024 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.

3. **CORRECTIONS ONLY:**

- A. SUNDAY, November 2, 4pm to 8pm. Please email Alan Rasmussen: [alan@athletictiming.net](mailto:alan@athletictiming.net).
- B. MONDAY – FRIDAY, please contact Kelly at the OSAA office, [kellyf@osaa.org](mailto:kellyf@osaa.org) or 503.682.6722 x233.

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

4. **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.**

5. **WITHDRAWAL FROM STATE CHAMPIONSHIPS** (*OSAA Handbook, Executive Board Policies*) (*Revised Fall 2008*)

By entering participants in a state championship meet, contest or tournament, each member school certifies that, barring injury, illness or unforeseen events, or a withdrawal to avoid violating the religious convictions of team members, the team or individuals representing the school will participate in every game or competition, that is part of that championship event, until the final conclusion of the meet, contest or championship. Any withdrawal or intentional forfeiture for reasons other than those specified shall be considered a sportsmanship violation, and shall be subject to reprimand and/or other penalties as determined by the Executive Board. See **Executive Board Policies, "Withdrawal During a Competition"** for more information.

6. **CHUTE ASSIGNMENTS:** [www.osaa.org/activities](http://www.osaa.org/activities)

Will be posted on the OSAA website by 4pm, Wednesday, November 5, 2025.

## **STATE CHAMPIONSHIPS**

1. **ADMISSION:**

- A. **Participants' Bibs:** Participants' bib must be worn for admission.
- B. **Coaches Passes: MAXIMUM FOUR PER SCHOOL.** One coach's pass for schools with an individual qualifier, two coach's passes for schools with a boys **or** girls team **OR** boy **and** girl individual qualifiers, three coach's passes for schools with an individual qualifier **and** a team, and four coach's passes for schools that qualify two teams.
- C. **Bus Drivers:** The OSAA does not provide tickets for bus drivers.

2. **COACHES PACKET – PICK UP:**

Friday, November 7 – 2pm to 5pm – OSAA Tent on infield

Saturday, November 8 – 8am to 2pm – Gate 2 (East Gate).

Coaches Packet contains: School participant lists, individual participant bibs, coaches passes, and participant gifts.

3. **PARTICIPANTS' NUMBERS:** *Coaches – Please review the following instructions with your coaching staff and athletes prior to the race.* Participants' bibs include a transponder. Participant numbers must be worn on the front of the jersey and no athlete will be allowed to compete without his or her assigned number. Participant numbers are to remain as issued and **ARE NOT TO BE EXCHANGED, BENT, OR ALTERED IN ANY WAY.**
4. **WALKING THE COURSE:** Coaches and runners wishing to walk the course Saturday must be off the course by 9:45am. The course will be open from 12:50pm – 1:40pm prior to the afternoon races. Coaches are restricted to spectator viewing areas at all times unless the course is open.
5. **ALL ENTRY CHANGES:** All entry changes shall be cleared with meet management at the OSAA tent on the infield at least 30 minutes prior to the start of each race. Only coaches with the proper credentials will be allowed into the start line area.
6. **WARM-UPS:** A coach with the correct credential should report with each team at the start of each race to carry warm-up uniforms to the finish line.
7. **DRESSING FACILITIES:** Dressing room and shower facilities will not be available.
8. **SPIKES:** Either spike or cross country shoes may be used. Spikes may not exceed 3/8" in length.
9. **VICTORY LAPS:** There are to be no victory laps until the final race of the day is finished.
10. **RACE AND AWARDS SCHEDULE:** (*Excerpt from OSAA 2025 Cross Country Plan*) ***BOYS will compete first this year.***

10am ..... 2A/1A Boys

10:35am ..... 3A/2A/1A Girls

11:10am ..... 3A Boys

Presentation of 3A/2A/1A Awards

11:45am ..... 4A Boys

12:20pm ..... 4A Girls

Presentation of 4A Awards

12:50pm – 1:40pm BREAK

1:45pm..... 5A Boys  
2:20pm..... 5A Girls  
Presentation of 5A Awards

2:55pm..... 6A Boys  
3:30pm..... 6A Girls  
Presentation of 6A Awards

**Note:** Individual medals will be presented to the top ten finishers at the conclusion of each race.

11. **ATHLETIC TRAINER:** An athletic trainer will be available one hour prior to the first race.
12. **AWARDS:** Team trophies will be presented according to the race schedule listed above. Individual medals will be presented to the top ten finishers immediately following each race.
  - A. **Trophies** – Champion through fourth place trophies will be presented to the top teams in each race.
  - B. **Medals** – Individual medals will be presented to the top 10 finishers of each race. Nine medals will be presented to both the champion and second place teams in each race.
  - C. **Moda Health Athlete of the Meet** – The top finisher in each race will be recognized as that race's Moda Health Athlete of the Meet. As part of the team awards and medals presentations, the Athlete of the Meet winners will be awarded a commemorative item from Moda Health and the OSAA.
13. **FALL STATE CHAMPIONSHIP PARTICIPATION CERTIFICATES:**  
Sport / Activity-specific certificates of participation can be accessed at [www.osaa.org/certificates](http://www.osaa.org/certificates). Schools can create certificates for each of their student participants. Access is limited to OSAA website user accounts with school administrative access (ADs, Athletic Secretaries, Principals, etc.)
14. **STATE CHAMPIONSHIP RESULTS:** [www.osaa.org/activities](http://www.osaa.org/activities)  
Complete team and individual results will be posted immediately following each race. Please instruct your fans and local media to go there for results.

## **SOUVENIR INFORMATION**

*Additional souvenir information available on the OSAA website, [www.osaa.org/shop](http://www.osaa.org/shop)*

1. **STATE CHAMPIONSHIPS MERCHANDISE:** [www.osaastore.com/](http://www.osaastore.com/)
  - A. **Pre-Order:** [osaa.rushteamapparel.com/osaa/pre-orders](http://osaa.rushteamapparel.com/osaa/pre-orders)  
RushTeamApparel, exclusive merchandise partner of the OSAA, offers pre-orders for all championship events. Select garments are available for pre-order: sweatshirts, t-shirts, long sleeve t-shirts, sweatpants, patches, pins, beanies and various Nike products. Merchandise will be available for pick up at the RushTeamApparel booth throughout the event.
  - B. **Championship Site:** RushTeamApparel will be onsite at the OSAA state championship with a wide variety of souvenir merchandise. Stop by the merchandise booth to purchase t-shirts, sweatshirts, letterman patches, sweatpants, hats and much more. RushTeamApparel also offers a wide variety of customization options including school name, student-athlete name, event decals and more!
  - C. **Official Letterman Patches:** Get your official OSAA State Championship letterman patch onsite or by ordering online. Forget to get one last year? You can order an official letterman patch for any year going back to 2014-2015 in any OSAA activity by ordering online.
  - D. **RushTeamApparel Contact Information:** RushTeamApparel is the exclusive merchandise partner of the OSAA. For more information, contact RushTeamApparel at 1.253.858.5288 or via email at [orders@rushteamapparel.com](mailto:orders@rushteamapparel.com).
2. **NORTHWEST SPORTS PHOTOGRAPHY (NSP):** [4nsp.com/PhotosAction.aspx](http://4nsp.com/PhotosAction.aspx)
  - A. **Action and Awards Photos:** NSP will shoot action photos during all races. Awards photos will be taken during each trophy presentation on Saturday. All action and award photos will be available online for purchase by Monday evening following the event.
  - B. **Team Photos:** NSP will have a photographer available to shoot team photos on Saturday. All team photos will be available online for purchase by Monday evening following the event.
  - C. **NSP Contact Information:** NSP is the official photographer of the OSAA. For more information, contact NSP at 800.446.5758 or via email at [customerservice@4nsp.com](mailto:customerservice@4nsp.com).

3. **OSAA DIGITAL CHAMPIONSHIP PROGRAMS:** [www.osaa.org/programs](http://www.osaa.org/programs)



The Official Cross Country State Championship program includes the state championship field, the course map, historical records and a color map of all OSAA member schools.

Programs are available on the OSAA Live mobile app and online. Download the *OSAA Live* mobile app from the App Store or Google Play by searching for "OSAA Live".

4. **MINI REPLICA TROPHIES:** [www.osaa.org/shop#trophies](http://www.osaa.org/shop#trophies)

- A. **Mini Replica Trophies:** The OSAA is proud to be able to offer mini replicas of the trophies presented at the OSAA State Championships. Mini replica trophies are 8" tall x 10" wide x 5" deep and make a great gift for coaches, students, parents, etc. Mini replicas can be produced for teams and individuals for any year in any OSAA activity. Each mini replica trophy is \$70 and that includes a personalized nameplate, shipping & handling. Order mini replica trophies online.
- B. **Crown Trophy Contact Information:** Crown Trophy manages the mini replica trophy program. For more information, contact Crown Trophy at 503.626.1125 or via email at [awardpro@crowntrophy41.com](mailto:awardpro@crowntrophy41.com).

**The OSAA is Proud to Partner with the following organizations:**

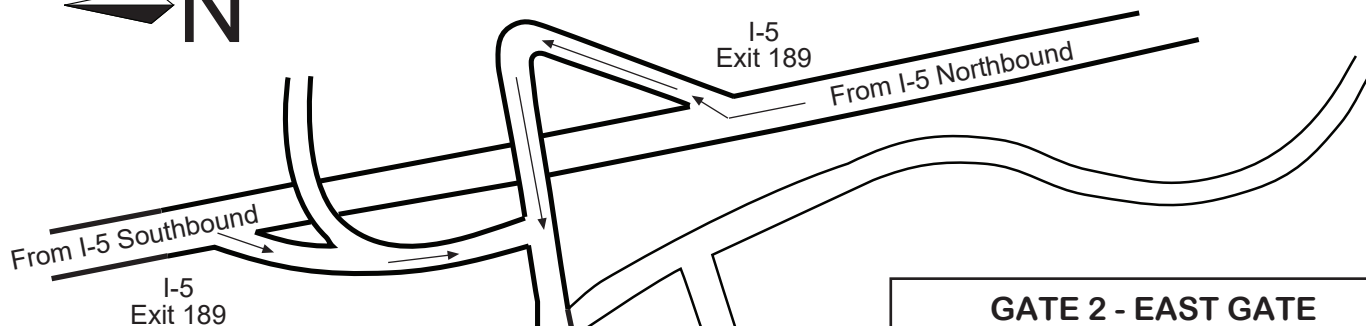
1. **Abby's Legendary Pizza:** [abbys.com](http://abbys.com)

With our large, open seating, Abby's is a winning choice for teams traveling throughout Oregon and central Washington. **Print out and bring this document in with your team of five or more athletes and we'll take 20% off your total order of food and drinks.** Dine-in only, please. Excludes any other discount or promotion. Participating locations. For a complete list of our locations nearest your next game, visit our website. Call ahead and we'll have your order ready!

2. **Settlemier's Letterman Jackets:** [SettlemiersJackets.com](http://SettlemiersJackets.com)

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 local labor, crafting high-quality jackets to tell the story of the Oregon athletes, activists and artists who have worked so hard to earn them. Settlemier's believes that *your* best deserves *the* best, without compromise. So look out for the Settlemier's Jackets booth next time you are at a championship event, or visit the website link above to rep your Oregon High School with the local pride that comes from owning a custom-made Settlemier's jacket!





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Cross Country State Championships  
Lane Community College  
4000 E 30th Avenue, Eugene, OR 97405

## Directions

Northbound (from the south) on Interstate 5

Take Exit 189, and at the stop sign, turn left and continue west to the first intersection.

Go straight through the intersection and continue along 30th Avenue.

Turn left on Eldon Schafer Drive to access the east parking lots, or stay on 30th and take the first exit to the right after the intersection to access the west parking lots.

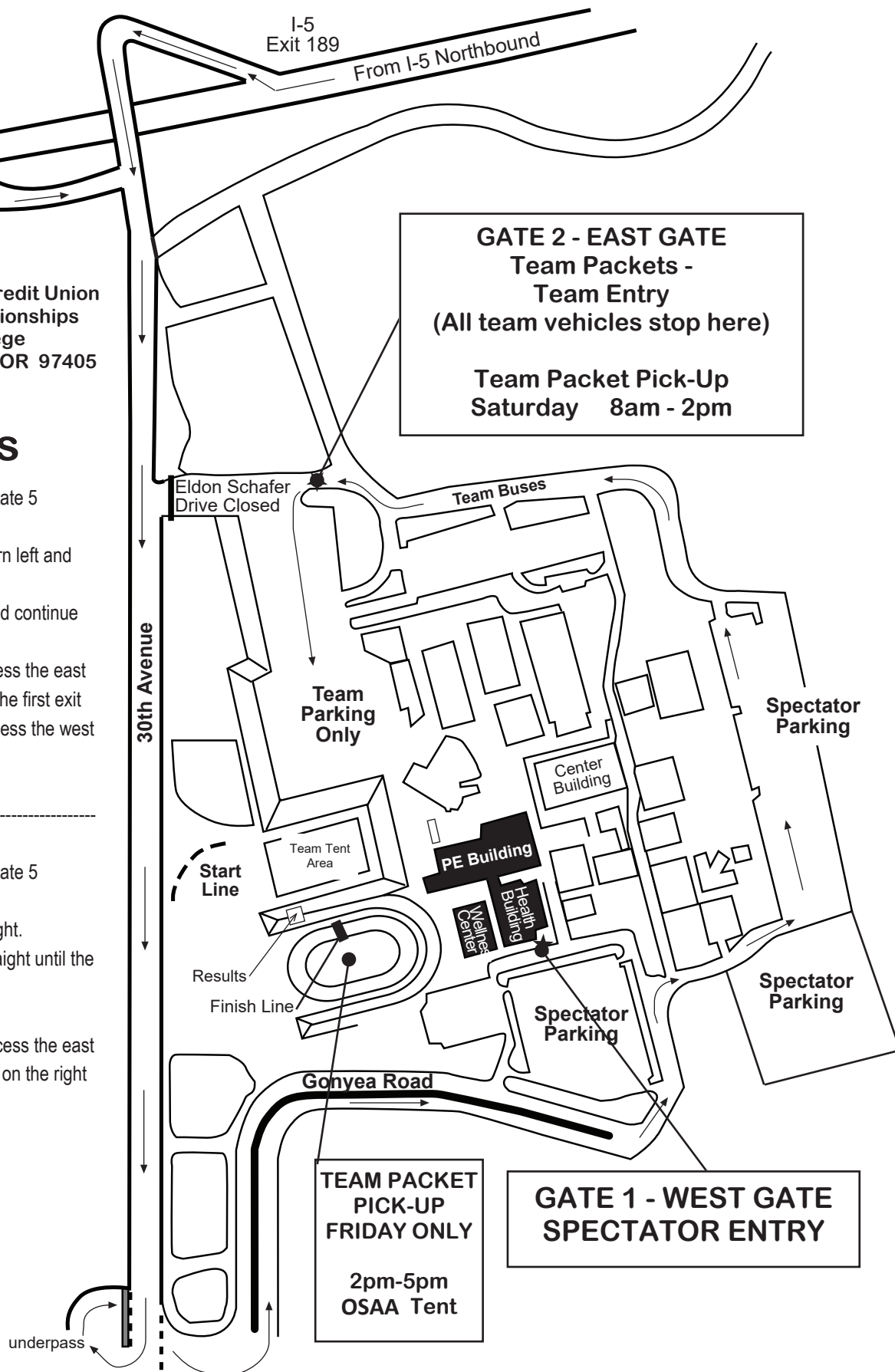
Southbound (from the north) on Interstate 5

Take Exit 189 and continue to traffic light.

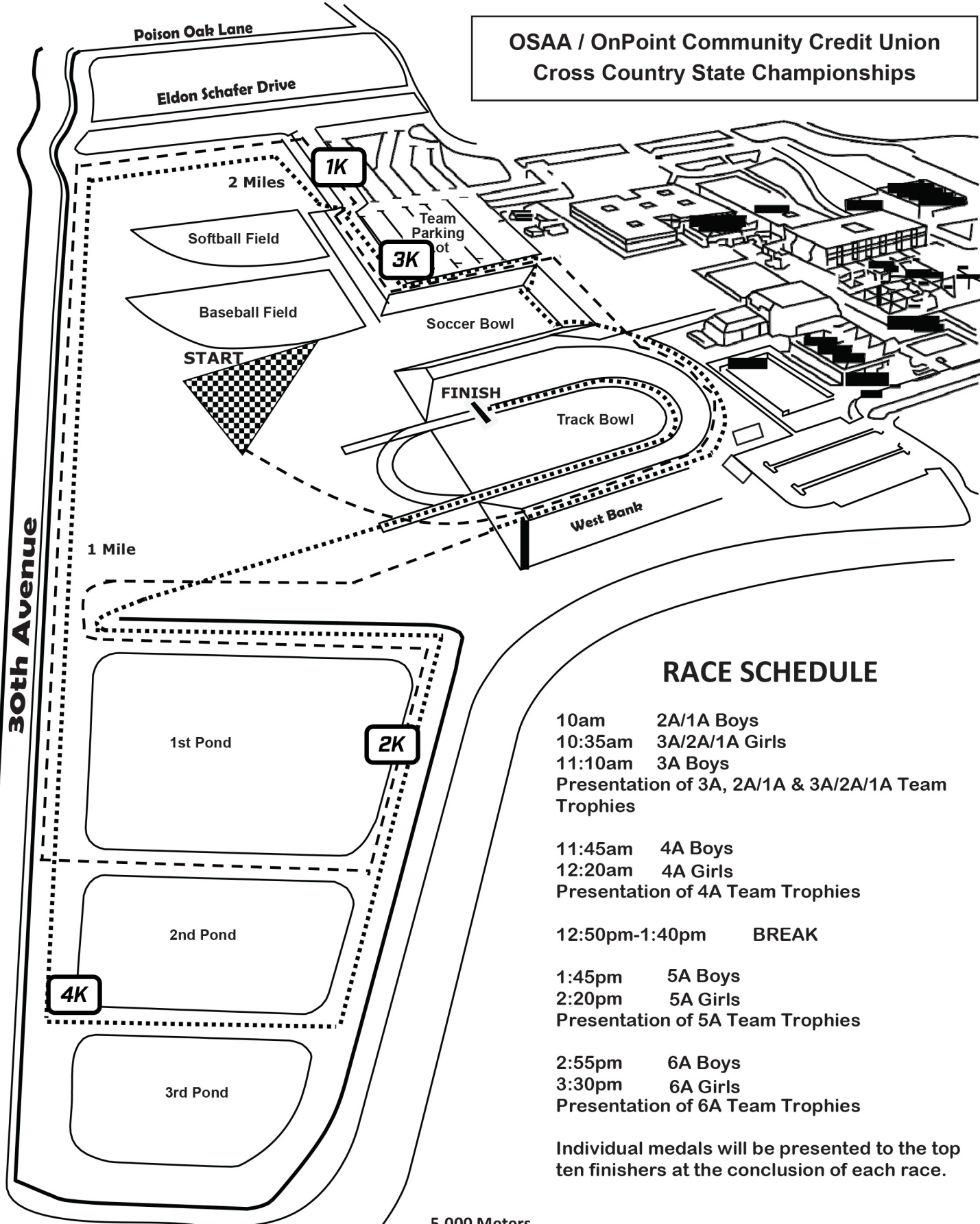
Turn right at the traffic light and go straight until the next intersection.

Turn right at the intersection.

Turn left on Eldon Schafer Drive to access the east parking lots or continue to the first exit on the right to access the west parking lots.



# OSAA / OnPoint Community Credit Union Cross Country State Championships



## RACE SCHEDULE

10am	2A/1A Boys
10:35am	3A/2A/1A Girls
11:10am	3A Boys
Presentation of 3A, 2A/1A & 3A/2A/1A Team Trophies	
11:45am	4A Boys
12:20am	4A Girls
Presentation of 4A Team Trophies	
12:50pm-1:40pm	BREAK
1:45pm	5A Boys
2:20pm	5A Girls
Presentation of 5A Team Trophies	
2:55pm	6A Boys
3:30pm	6A Girls
Presentation of 6A Team Trophies	

Individual medals will be presented to the top ten finishers at the conclusion of each race.

5,000 Meters

Start race and follow - - - - -  
up West Bank and follow .....  
to Finish.