



OSAA / OnPoint Community Credit Union
2025 CROSS COUNTRY STATE CHAMPIONSHIPS

November 8, 2025
Lane Community College
4000 E 30th Avenue, Eugene, OR 97405



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	5A - 1 coach per league + OACA Rep
4A - 1 coach per league + OACA Rep	3A Boys - 1 coach per district + OACA Rep
2A/1A 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 2025 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** – 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. [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 / 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. [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.

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. [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.

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. [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 / 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. [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 / 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. [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, November 1, 2025.

- 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, November 1, 2025.** 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, November 1, 2025.**

3. PRE – STATE CHAMPIONSHIP POSTING TIMELINE: 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 "2025 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, November 2, 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.

2025 CROSS COUNTRY DISTRICT MEET DIRECTORS

Updated: 10/27/2025

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. 29	Lents Park	Jessica Russell, AD / Meet Director	PIL	503.916.5200	jrussell@pps.net
6A-2	METRO	Oct. 29	THPRD	Colin Griffin, AD / Meet Director	Jesuit HS	503.291.5418	cgriffin@jesuitportland.org
6A-3	PACIFIC	Oct. 30	Joe Dancer Park, McMinnville	Alan Foster, AD / Meet Director	Liberty HS McMinnville HS	503.844.1250	fosteral@hsd.k12.or.us
6A-4	MT HOOD	Oct. 29	Blue Lake Park	Ryan Aldred, AD / Meet Director	Reynolds HS	503.667.3186 x1126	raldred@rsd7.net
6A-5	THREE RIVERS	Oct. 29	Clackamas Community College	Jason Ashley, AD Chris McIsaac, Meet Director	Tigard HS	503.431.5462	jashley@ttsd.k12.or.us mcisaacchris87@gmail.com
6A-6	CENTRAL VALLEY	Oct. 29	Western Oregon University	Brodie Cavaille, AD / Meet Director	North Salem HS	503.399.3274	cavaille_brodie@salkeiz.k12.or.us
6A-7	SOUTHWEST	Oct. 29	Lane Community College	Chris Mitchell, AD / Meet Director Chris Yorges, Meet Director	Sheldon HS	541.790.6650	mitchell_c@4jlane.edu
5A-1	NORTHWEST OREGON	Oct. 30	Blue Lake Park	Chris George, AD / Meet Director	La Salle Prep	503.353.1415	cgeorge@lsprep.org
5A-2	MIDWESTERN	Oct. 29	Oak Knoll Golf Course	Alec Slinkard, AD Karl Pryor, Meet Director	Ashland HS	541.482.2278 x2211	alec.slinkard@ashland.k12.or.us karlapryor64@gmail.com
5A-3	MID-WILLAMETTE	Oct. 30	Ash Creek Preserve - WOU	Andrew Jones, AD / Meet Director	Silverton HS	503.873.6331	jones_andrew@silverfalls.k12.or.us
5A-4	INTERMOUNTAIN	Oct. 29	Big Sky Park	Ryan Cruz, AD / Meet Director	Caldera HS	541.355.5113	ryan.cruz@bend.k12.or.us
4A-1	COWAPA	Oct. 30	Fort Stevens Historical Site	Kye Johnson, AD (Tillamook) Jeremy Boutin, Meet Director	Astoria HS	503.842.2566 x2040	johnsonk@tillamook.k12.or.us jboutin@astoriak12.org
4A-2	TRI-VALLEY	Oct. 29	Sorosis Park, The Dalles	Jim Taylor, AD Robert Thouvenel, Meet Director	The Dalles HS	541.506.3449 x2016	taylorj@nwasco.k12.or.us rdthouvenel@gmail.com
4A-3	OREGON WEST	Nov. 1	Philomath HS	Mike Hood, AD Joe Fulton, Meet Director	North Marion HS	541.929.3211 x1833	mike.hood@philomath.k12.or.us joe.fulton@philomath.k12.or.us
4A-4	SKY-EM	Oct. 30	Lane Community College	Garrett Bridgens, AD Ricky Knutson, Meet Director	Cottage Grove HS	541.942.3391	garrett.bridgens@slane.k12.or.us ricky.knutson@slane.k12.or.us
4A-5	SKYLINE	Oct. 29	Colver Fields	James Joy, AD Mike Davis, Meet Director	Phoenix HS	541.535.1526	james.joy@phoenix.k12.or.us mikedavis555@charter.net
4A-6	GREATER OREGON	Oct. 30	La Grande Country Club	Darren Goodman, AD Alma Crow, Meet Director	La Grande HS	541.663.3301	darren.goodman@lagrandesd.org almacrow3@gmail.com
3A-SD1 Boys	Special District 1	Oct. 30	Rainier HS	Kate Williams, AD / Meet Director Shanda Wagner, AD / Meet Director	Rainier HS	503.297.1894 x5200 503.556.4215 x314	williamsk@catlin.edu shanda_wagner@rsd.k12.or.us
3A-SD2 Boys	Special District 2	Oct. 29	Cheadle Lake Park	Robby Gilliam, AD Kellen Peters, Meet Director	East Linn Christian	541.259.2304	rgilliam@eastlinnchristian.org kpeters@eastlinnchristian.org
3A-SD3 Boys	Special District 3	Oct. 31	McKay Park, Pendleton	James Freitag, AD McKenzie Sheehy, Meet Director	Union HS	541.562.5166	james.freitag@unionsd5.org evans.mckenzie9@gmail.com
3A-SD4 Boys	Special District 4	Oct. 30	Valley of the Rogue State Park, Gold Hill	Jamie Young, AD Joe Volk, Meet Director	St. Mary's School	541.773.7877	jyoung@smschool.us jvolk@smschool.us

2025 CROSS COUNTRY DISTRICT MEET DIRECTORS

Updated: 10/27/2025

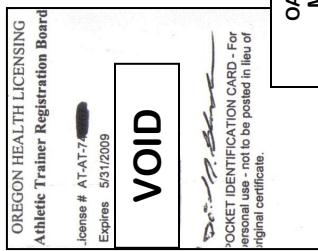
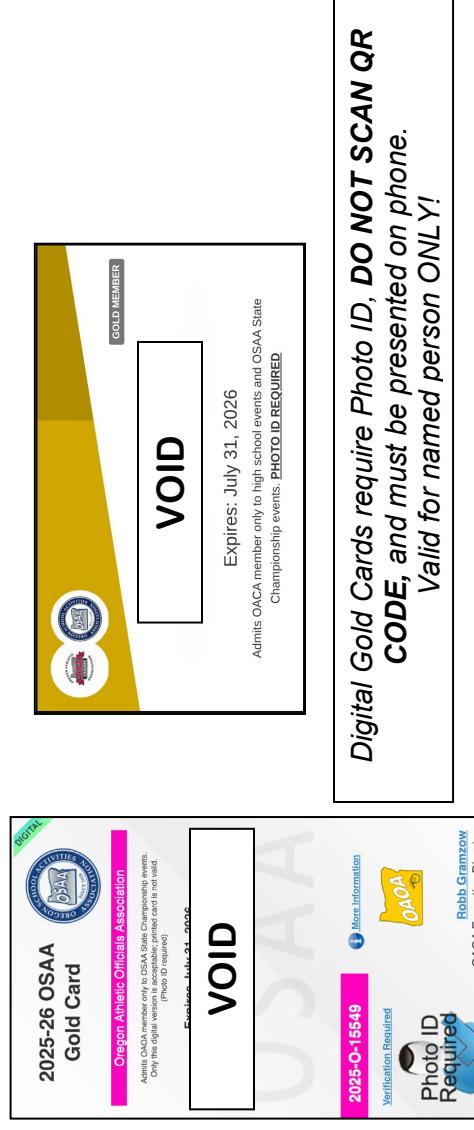
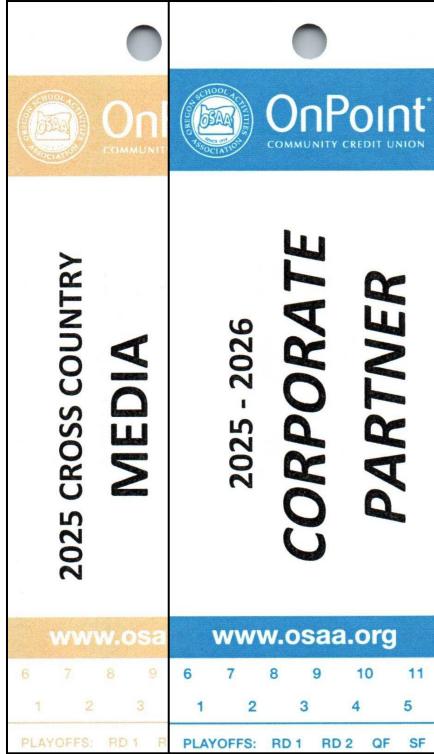
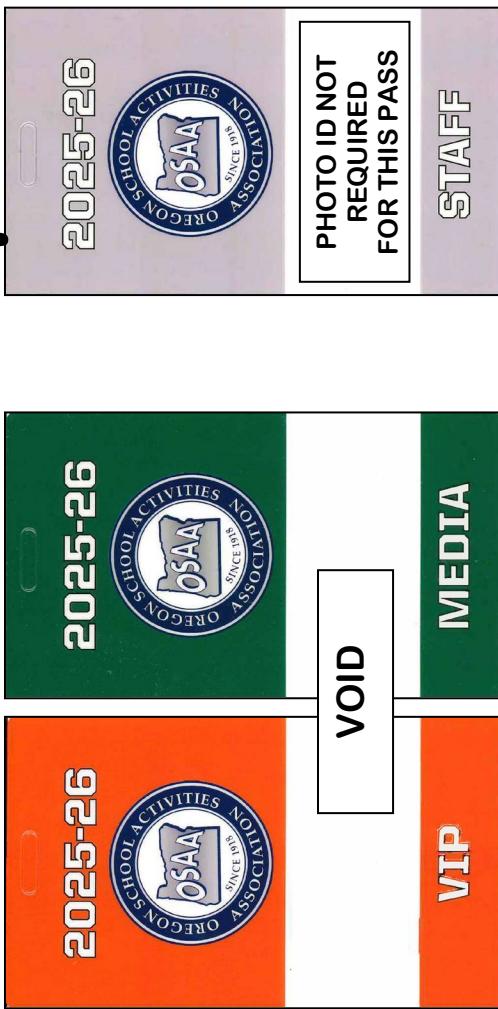
If there are any changes or corrections that need to be made to the information listed below please email them to Kathi @ kathif@osaa.org .						PLEASE IDENTIFY YOUR CLASSIFICATION & DISTRICT.	
District	League Name	Date	Site	AD / DMD	Host School	AD Work Phone	AD/ DMD E-mail
2A/1A-SD1 Boys	Special District 1	Oct. 30	Rainier HS	Kate Williams, AD / Meet Director Shanda Wagner, AD / Meet Director	Rainier HS	503.297.1894 x5200 503.556.4215 x314	williamsk@catlin.edu shanda_wagner@rsd.k12.or.us
2A/1A-SD2 Boys	Special District 2	Oct. 29	Cheadle Lake Park	Robby Gilliam, AD Kellen Peters, Meet Director	East Linn Christian	541.259.2304	rgilliam@eastlinnchristian.org kpeters@eastlinnchristian.org
2A/1A-SD3 Boys	Special District 3	Oct. 31	McKay Park, Pendleton	James Freitag, AD McKenzie Sheehy, Meet Director	Union HS	541.562.5166	james.freitag@unionsd5.org evans.mckenzie9@gmail.com
2A/1A-SD4 Boys	Special District 4	Oct. 30	Valley of the Rogue State Park, Gold Hill	Jamie Young, AD Joe Volk, Meet Director	St. Mary's School	541.773.7877	jyoung@smschool.us jvolk@smschool.us
3A/2A/1A-SD1 Girls	Special District 1	Oct. 30	Rainier HS	Kate Williams, AD / Meet Director Shanda Wagner, AD / Meet Director	Rainier HS	503.297.1894 x5200 503.556.4215 x314	williamsk@catlin.edu shanda_wagner@rsd.k12.or.us
3A/2A/1A-SD2 Girls	Special District 2	Oct. 29	Cheadle Lake Park	Robby Gilliam, AD Kellen Peters, Meet Director	East Linn Christian	541.259.2304	rgilliam@eastlinnchristian.org kpeters@eastlinnchristian.org
3A/2A/1A-SD3 Girls	Special District 3	Oct. 31	McKay Park, Pendleton	James Freitag, AD McKenzie Sheehy, Meet Director	Union HS	541.562.5166	james.freitag@unionsd5.org evans.mckenzie9@gmail.com
3A/2A/1A-SD4 Girls	Special District 4	Oct. 30	Valley of the Rogue State Park, Gold Hill	Jamie Young, AD Joe Volk, Meet Director	St. Mary's School	541.773.7877	jyoung@smschool.us jvolk@smschool.us



Cross Country State Championships

PASS GATE

Passes accepted with photo ID:



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 1/2 by 11 inches), confetti, balloons or glass containers. "Fathead" type items are considered signs and shall not be larger than 8 1/2 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.

Be LOUD! Be PROUD! Be POSITIVE!

**FOLLOW
OSAA
ON SOCIAL MEDIA**

**@OSAAASPORTS
#OPREPS**



GAMEDAY INFORMATION

OSAA *Live*

**TICKETS | PROGRAMS
MERCHANDISE | RESULTS | SCHEDULES**



2025 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, and 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 576,000 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. Nike is proud to be the presenting sponsor of the OSAA Cross Country State Championships. Visit them online at [nike dot com](http://nike.com) to see the latest in Nike gear.
5. 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.
6. Your local Toyota Dealers are proud to support the OSAA, its member schools, and the thousands of students competing each and every day. Toyota is the official automobile of the OSAA. [Toyota dot com](http://Toyota.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. 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](http://PacificOffice.com). Pacific Office Automation – Problem Solved.

9. 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.
10. 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 backslash program.
11. 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.
12. 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 backslash officials for more information and to get registered.
13. 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!
14. 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. Go to N S P dot COM to preorder your photos before the State Championship.
15. How will you pay for college or trade school? The high cost of tuition, fees, books, and housing are some of the main reasons why students fail to achieve their education goals. As a high school senior or junior, you're eligible to join the Oregon Army National Guard and receive 100% tuition assistance to attend college or trade school. In the Oregon Guard, you'll also get paid for on-the-job training and you'll start a meaningful part-time career. To schedule an interview and learn more about local opportunities, fill out the contact form on Oregon Army Guard dot com. Again. That's OREGON ARMY GUARD DOT COM.
16. 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
17. 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.
18. Triple A. Providing you 24-hour roadside assistance as a driver, a passenger or on your bike. And offering coverage through Triple A Insurance including customized home and auto coverage. Learn more at Triple A dot com.
19. 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.
20. 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.
21. Triple A. Providing you 24-hour roadside assistance as a driver, a passenger or on your bike. And offering coverage through Triple A Insurance including customized home and auto coverage. Learn more at Triple A dot com.

22. The Oregon Seed Council is a proud sponsor of the OSAA and supports its schools and athletes. Oregon's seed industry promotes sustainable agriculture with natural regenerative properties, a focus on carbon sequestration, and stewardship. Visit OregonSeedCouncil.org to learn more.

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. For all of you driving home, Oregon Department of Transportation reminds you to please be sure to Park your Phone so that our roadways are safer for everyone. Safety starts with you!