

TABLE OF CONTENTS

CROSS COUNTRY

Pages are numbered to correspond with the OSSAA Rules and Regulations Handbook.

CALENDAR..... CC2
I. INTRODUCTIONCC3
II. CROSS COUNTRY CALENDAR FOR THE 2017-18 SCHOOL YEARCC3
III. CROSS COUNTRY REGULATIONS.....CC4
IV. RULE 9 - THESE RULES HAVE BEEN ADOPTED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS.....CC5
V. NOT HONORING A PROTESTCC8
VI. COACHES' ETHICS AND PROFESSIONAL STANDARDS.....CC8
VII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES.....CC9
VIII. TEAM CHAMPIONS (BOYS)CC10
IX. INDIVIDUAL CHAMPIONS (BOYS)CC12
X. TEAM CHAMPIONS (GIRLS).....CC14
XI. INDIVIDUAL CHAMPIONS (GIRLS).....CC15

CROSS COUNTRY SEASON CALENDAR

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Rating forms due (2A-3A-4A) Entry forms due (2A-3A-4A)	3	4	5	6 Regional assignments released (2A-3A-4A)	7
8	9 Rating forms due (5A-6A) Entry forms due (5A-6A)	10	11	12	13 Regional assignments released (5A-6A)	14 Regional classes (2A-3A-4A)
15	16 Academic achievement award postmarked the 16 th or faxed no later than the 17 th for classes (2A-3A-4A)	17	18	19	20	21 State meet classes (2A-3A-4A) at Gordon Cooper Vo-Tech (Shawnee) Regional Classes (5A-6A)
22	23 Academic Achievement award postmarked the 23 rd or faxed no later than the 24 th for classes (5A-6A)	24	25	26	27	28 State Meet classes (5A-6A) Edmond Santa Fe

NOTE: ALL NEW RULES, REGULATIONS AND POLICIES ARE UNDERLINED**I. INTRODUCTION****A. Purpose**

The girls and boys cross country manual has been designed and prepared to provide general information and for use in the administration of cross country meets. We believe many of your questions will be answered by your thorough review of the contents of this manual.

II. CROSS COUNTRY CALENDAR FOR THE 2017-18 SCHOOL YEAR

A. Organized practice for Cross Country may begin no earlier than July 15, with the first contest being allowed on August 6, or the first day of school, whichever comes first. Organized practice for cross country, may begin no earlier than July 15.

Organized practice is defined as school or anticipated school personnel directly or indirectly giving individual or team instruction concerning the fundamentals of a particular sport.

From the close of the season for Cross Country to the start date of July 15, no organized practice in that sport may take place. However, certified school coaching personnel for that sport are permitted to provide instruction in that sport in a physical education class during the regular school day.

If a member school does not schedule a physical education class during the regular school day, then an additional period may be scheduled immediately after the close of the regular school day, not to exceed one hour for the purpose of conducting a physical education class, and instruction in a particular sport may be provided by certified school coaching personnel to students during that additional one-hour period.

Time spent transporting student participants to an off-site facility or from one school site to another for the purpose of providing instruction in a particular sport during a physical education class or during the one hour period immediately following the school day shall not be counted toward the time allowed for off-season instruction. The practice period shall begin immediately upon the arrival of the athletes.

B. Contest limits for 2017 season

1. High School teams/individuals are limited to eight meets, four of which must occur when there is no loss of instructional time, including travel time.
2. **Junior High Schools are limited to six meets, two of which must occur when there is no loss of instructional time, including travel time.**
3. Two practice meets are allowed and will not count against meet limitations if the following criteria is met.
 - a) No more than four teams will participate
 - b) No entry fee is charged
 - c) No awards are given
 - d) There is no loss of school time including travel time

C. Generally, if the contest, meet, or tournament limits for a particular activity have been exceeded, by either a school team or by individual participants from a school, the following sanctions will be applied.

1. The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for the remainder of the current regular season and any championship play-off events for that school year.

2. The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for one-half of the regular season the next school year.

3. The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.

4. The program will be placed on warning for a period of one year.

D. Regional entry forms can be found on the OSSAA website (www.ossaa.com). Must be in the OSSAA office no later than – October 2, 2017 for classes 2A-3A-4A. October 9, 2017 for classes 5A-6A.**E. Cross Country rating form due in the OSSAA office postmarked no later than October 2, 2017 for classes 2A-3A-4A. October 9, 2017 for classes 5A-6A.****F. Regional assignments released no later than October 6, 2017 for classes 2A-3A-4A. October 13, 2017 for classes 5A-6A.****G. Cross Country Regional meets – October 14, 2017 for classes 2A-3A-4A and October 21, 2017 for classes 5A-A.****H. Academic Achievement Award can be found on the OSSAA website (www.ossaa.com). Must be postmarked no later than – October 16, 2017 or faxed no later than October 17, 2017 for classes 2A-3A-4A and October 23, 2017 or faxed no later than October 24, 2017 for classes 5A & 6A.****I. Cross Country State meets – October 21, 2017 for classes 2A-3A-4A at Gordon Cooper Technology Center (Shawnee) and October 28, 2017 for classes 5A & 6A at Edmond Santa Fe.****J. Cross Country Coaches Advisory Committee Meeting – November 6, 2017 (4:00 p.m. OSSAA office).**

- K. State rules meetings are mandatory for each head coach. There will be a cross country rules meeting at the annual summer coaches' clinic. If you are unable to attend the rules meeting at the clinic, the meeting is also available on-line at www.ossaa.com, click on the "sports" link, then "cross country" for instructions. Proof that you have completed the on-line rules meeting must be submitted to the OSSAA. **All head coaches of fall activities must complete their state rules meeting by September 1st. The penalty for failure to attend a state rules meeting or to complete an online rules meeting and proper documentation submitted to the OSSAA office by the prescribed deadline, will result in the school suspending the head coach for all interscholastic competition until the coach is in compliance and proper documentation has been submitted and verified by the OSSAA.**

III. CROSS COUNTRY REGULATIONS

- A. Figures from 2017-18 ADM will be used for classification if available from the SDE two weeks prior to regional assignments being released. If the ADM sheets are not available on time, schools will be classified using the preceding years ADM 2017 Classification.

- Class 6A - 32 school having the largest ADM
- Class 5A - the next 40 schools by ADM
- Class 4A - the next 56 schools by ADM
- Class 3A - the next 72 schools by ADM
- Class 2A - All remaining schools

B. Regional and State Meets

- There will be three (3) regional meets in class 2A-3A-4A and two (2) regional meets for classes 5A-6A. The regional meets will be held on Saturday, October 14, 2017 for classes 2A-3A-4A and Saturday, October 21, 2017 for classes 5A-6A. Schools will be assigned by the association to regional sites. Regional assignments will be posted on the OSSAA website (www.ossaa.com) no later than October 6, 2017, for classes' 2A-3A-4A, October 13, 2017 for classes 5A-6A. Each coach shall provide a complete roster of participants for the referee at the starting line 5 minutes before the start of the race.

- Regional classes 2A-3A-4A at TBA - October 14, 2017 and classes 5A-6A at TBA - October 21, 2017.
- State Meets – Classes 2A-3A-4A at Gordon Cooper Technology Center (Shawnee) – October 21, 2017 and Classes 5A-6A at Edmond Santa Fe – October 28, 2017.

- Practice or competition in athletics will not be allowed on a site after the site has been announced in any play-off activity except for a regularly scheduled contest or the host school may practice at the site if that is the team's regular practice site.
- The Regional and state course will be open at 12:00 noon the day before competition.

- Regional Meet Schedules – Coaches meeting will be held 45 minutes before the start of each classes meet.

Saturday, October 14, 2017 for classes 2A-3A-4A

TIME	CLASS
10:00 a.m.	3A Girls
10:45 a.m.	3A Boys
12:00noon	4A Girls
12:45 p.m.	4A Boys
2:00 p.m.	2A Girls
2:45 p.m.	2A Boys

Saturday, October 21, 2017 for classes 5A-6A

TIME	CLASS
10:00 a.m.	6A Girls
10:45 a.m.	6A Boys
12:00 p.m.	5A Girls
12:45 p.m.	5A Boys

- State Meet Schedules-Coaches meeting for 2A-3A-4A will be held at 8:30-11:15 a.m., and 1:15 p.m at the scoring tent. Coaches meeting for 5A-6A will be held at 9:15 a.m. and 10:45 a.m. at the scoring tent.

- Saturday, October 21, 2017 at Gordon Cooper Vo-tech (Shawnee) for classes 2A-3A-4A

TIME	CLASS
9:30 a.m.	3A Girls
10:15 a.m.	3A Boys
11:45 a.m.	4A Girls
12:30 p.m.	4A Boys
2:15 p.m.	2A Girls
3:00 p.m.	2A Boys

- Saturday, October 28, 2017 at Edmond Santa Fe for classes 5A & 6A

TIME	CLASS
10:00 a.m.	6A Girls
10:45 a.m.	6A Boys
12:00 p.m.	5A Girls
12:45 p.m.	5A Boys

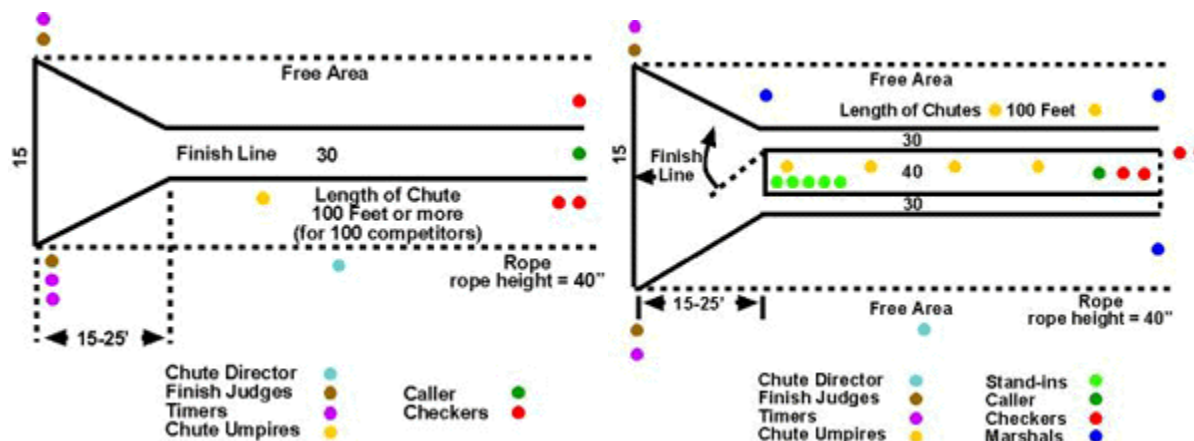
Awards Assemblies for classes 2A-3A-4A
 Class 3A – 11:00 a.m.
 Class 4A – 1:15 p.m.
 Class 2A – 3:30 p.m.

Awards Assemblies for classes 6A & 5A
 Class 6A – 11:30 p.m.
 Class 5A – 1:30 p.m.

- C. Ticket Prices - Admission prices have been set by the Board of Directors
1. Regionals - \$5.00 for adults and \$5.00 for students (K through 12).
 2. State - \$7.00 for adults and \$7.00 for students (K through 12).
- D. State Qualifiers
 Classes 2A-3A-4A the top seven (7) teams and the top 7 (seven) individuals not on a qualifying team from each regional will qualify for state.
 In 5A-6A the top seven (7) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. Teams shall be seeded for the state meet based on regional results. Preferred starting positions shall be the middle of the starting line, working outward. All individual qualifiers shall be assigned to that outside position. If a regional does not have (7) teams in 2A-3A-4A and (7) teams in 5A - 6A the other regional will qualify additional (teams) in order of placement to equal (21) teams for 2A-3A-4A and (14) teams for 5A-6A to the state cross country meet. In 2A-3A-4A if one of the three regional meets does not have a minimum of seven teams qualify for the state meet, the 8th place team from the other two regionals will both qualify.
- E. Entry Forms
 The entry form deadline is October 2, 2017 for classes 2A-3A-4A October 9, 2017 for classes 5A-6A. It is not necessary to send an entry fee as your school should have included the cross country fee in the total service fee paid in October. Any entries received seven (7) days past the deadline date will automatically place the cross country team on warning.
- F. Aids and Hepatitis B
 Please see athletic director or principal for pre-cautionary recommendations concerning AIDS and Hepatitis B.
- G. Regional Awards
1. First place team trophy in each class.
 2. Individual awards include gold medals for the first five (5) finishers; silver medals for the five (5) second place finishers; bronze medals for the five (5) third place finishers.
- H. State Awards (only the 7 participants permitted on the awards stand at the assembly)
1. Championship and runner-up trophies in each class will be given for team awards. Gold medals will be given to each championship team members, silver medals will be given to second place team members and bronze medals will be given to third place team members. Teams will be given a maximum of 7 medals.
 2. Individual awards include gold medals for the first five (5) finishers; silver medals for the five (5) second place finishers; bronze medals for the five (5) third place finishers.
- I. Conduct of students
1. Please refer to Rule 4 in OSSAA Rules and Regulations Handbook located in the principal or athletic director's office concerning the conduct and fighting rule.
 2. It is mandatory that all head coaches remind his/her team that fighting during the post game hand shaking ceremonies or conducting themselves in an unsportsmanlike manner after the game will be severely penalized. The head coach and team will be subject to additional suspension penalties beyond the normal penalties imposed on fighting and unsportsmanlike acts that occur during the contest. Injuries have occurred because of fans climbing over walls and fences, being trampled, or partaking in dog-pile celebrations, etc. at the conclusion of a contest. Therefore, school administrators should be aware that if their student body and fans come onto the playing area after a contest, penalties may be imposed.
- J. Weekly Eligibility
 A student's current scholastic eligibility status would not change if an OSSAA play-off contest was delayed into the next week due to inclement weather or other extreme circumstance.
- K. NOISE MAKERS
For indoor activities: Boom boxes or any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contests.
For outdoor activities: Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer squads, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.

IV. RULE 9 - THESE RULES HAVE BEEN ADOPTED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS.

- A. Course - Art. 1
1. The cross country run shall be a course 2500 to 5000 m (1.5 to 3.1 miles) in length as determined by the meet director or games committee.
 2. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about 1 ft. square and mounted on stakes which hold them 6 ft. or more above the ground.



Flag Designations

1. A red flag indicates a turn to the left.
2. A yellow flag indicates a turn to the right.
3. A blue flag indicates a course straight ahead.

C. Art. 2

In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.

D. Art. 3 - The race course should include the following features:

1. Signs and flags at least 6 ft. above the ground should be visible for 100 ft. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 ft. wide at its narrowest place. Small survey flags of the appropriate color may be used in lieu of painted lines or survey chalk.
2. No ground obstructions which might cause tripping or turned ankles. No overhead objects such as tree branches lower than 8 ft. above the ground.
3. A 2 in. wide starting line should be marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 ft.
4. At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes. Note: For large meets, the use of a multiple chutes is recommended.

E. Section 2 - Scoring

1. Art. 1 - Scoring shall be as shown in the following table:

Place:	First	Second	Third	Fourth	Fifth	Sixth,	etc.
Points:	1	2	3	4	5	6	etc.

2. Art. 2 - All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.
3. Art. 3 - If fewer than five competitors of a team finish, (or other number specified by the games committee) the places of all members of that team shall be disregarded and the team scores reranked. By state association adoption, modified scoring system may be used.
4. Art. 4 - Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail.
5. Art. 5 - If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.
6. Art. 6 - The score of a forfeited dual meet in cross country shall be 15-50.

NOTE: Rules 2-3-1, through 3, on the correction of errors, also applies to cross country scoring.

F. Section 3 – Start/Conclusion

1. Art. 1 – A cross country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.
2. Art. 2 – A competitor finishes a cross country race when the torso of the runner breaks the plane of the finish line when using hand- or picture –based timing systems.
3. Art. 3 – Computerized chips may be used to record the finish of a runner in cross country, provided the chips are attached to both shoes of the runner. When chips are used, it is the position of the chip, not the torso, that determines the finishing position of the runner.

G. Section 4- Officials

Art. 1 - The games committee or the meet director shall establish the length of the course, assign the teams by lot to their starting positions, and provide the necessary meet facilities.

1. Art. 2 - Referee - the referee shall make final decisions concerning questions which are not specifically placed under the jurisdiction of other officials and shall disqualify any runner for violation of the rules. (See 9-7)
2. Art. 3 - Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:
 - a. All team members are expected to exhibit good sportsmanship.
 - b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with these rules.
 - c. Any special circumstances, procedures and information pertaining to the meet.
4. Art. 4 - Starter - Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted
 - a. The command shall be, "On Your Marks." When all competitors are steady, starting device shall be fired. For an unfair start, the starter or assistant starter shall recall the runners by firing the starting device. If a runner falls during the first 100 m due to contact with another runner, the race shall be recalled by firing the starting device.
 - b. Audio/Visual start: When conditions dictate, the starter may use whistle/flag commands along with the starting device. Because this technique is used with a large number of competitors, it is recommended that the starter take a position well in front of the runners so the competitors can see and to be able to move to the side.
 - i. Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the start.
 - ii. The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
 - iii. The starter slowly raises both arms overhead.
 - iv. 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.



The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start.

Note: The use of audio-visual start/count-down time clock is permitted.

5. Art. 5 - Clerk of the Course - the clerk shall place the teams in proper position on the starting line and give all needed instructions. Also, the clerk should check and enforce uniform, visible apparel and shoe regulations.
6. Art. 6 - Chute Director - The chute director shall:
 - a. Supervise the finish chute during the race finish;
 - b. Assign stand-ins (fillers) to replace any runner who falls and cannot continue through the chute after crossing the finish line;
 - c. Assign gate controllers when more than one chute is used;
 - d. Assign marshals to keep the chute area free of any unauthorized individuals;
 - e. Be certain that chute umpires, callers, checkers and timers are in place when the runners finish the race.
7. Art. 7 - Finish Judges - the finish judges stand outside the chute, and on the finish line, and determine the order in which runners enter the chute. Their decision is final and without appeal except for possible action taken by the referee or jury of appeals.
8. Art. 8 - Chute Umpires - the chute umpires supervise the competitors after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that all competitors who cross the finish line are given their proper order as the contestants go through the chute.
9. Art. 9 - Caller - the caller calls the number of each competitor in the order of his/her proper place in the chute.
10. Art. 10 - Checkers - the checkers keep a record of the competitors and their order of finish as announced by the caller. In case of conflicts, if two are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision.
11. Art. 11 - Course Umpires - the course umpires observe the activity of the competitors. If any competitor fails to run the proper course, or otherwise violates the rules, the umpires report the infraction to the referee.
12. Art. 12 - Timers - record the times of the competitors who finish. A timer may be assigned at a designated spot along the course to call elapsed times during the race.
13. Art. 13 - Marshals - shall keep the competitive area free from all persons except officials, contestants and other individuals authorized by the games committee.

H. Section 5 - Teams

A cross country team is represented by coaches, contestants, managers, trainers and other associated school personnel. A cross country team shall consist of seven members unless otherwise agreed. In cross country, up to seven team members retain their order of finish. Any member beyond seven shall be disregarded and shall not displace any opposing runners. At Regional and State no more than seven runners

I. Section 6- Uniforms

1. Art. 1 - Each competitors uniform shall consist of: a) Shoes; b) Full-length cross country top and bottom or one piece uniform issued by the school; Bottoms may vary in length and style but must be the same color and design for all the team members; Loose-fitting, boxer-type bottoms, or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls; French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name; The top shall not be knotted or have a knot-like protrusion; A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each top, bottom or one-piece uniform; The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom; Any visible shirt(s) worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color except for a single, visible manufacturer's logo as per NFHS rules and/or single school name or insignia no more than 2 ¼ square inches with no dimension more than 2 ¼ inches. Visible items worn under both the top and the bottom do not have to be the same color.
2. Art. 2 – Uniforms must be worn as intended by the manufacturer. The waistband of the competitor's shorts shall be worn above the hips. There shall be no bare midriff.
3. Art. 3 - A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are not longer than 1 in. The use of slippers or socks does not meet the requirements of the rule.
4. Art. 4 - Each team member shall wear the same color and design school uniform. Any visible apparel worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.
5. Art. 5 - A competitor shall wear the assigned unaltered contestant number, when numbers are used and computer chips when those devices are used in competition.
6. Art. 6 - Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

PENALTY: (All articles) For illegal uniform, the competitor is disqualified from the event.

J. Section 7 - Disqualifications

1. Art. 1 - A competitor who false starts. (See 5-7-3,4)
 2. Art. 2 - A competitor who interferes with another competitor. (See 4-5-3)
 3. Art. 3 - A competitor who is unsporting or uses unacceptable conduct. (See 4-5-1, 2)
 4. Art. 4 - A competitor receives any assistance from any other person who could improve that competitor's performance. (See 4-5-8). Note: Providing liquids during competition is not considered to be an aid or assistance.
 5. Art. 5 - A competitor who fails to complete the prescribed course that is defined by a legal marking system.
- PENALTY: (Articles 1-5) Disqualification from the event.

V. **NOT HONORING A PROTEST (Board Policy XLVIII)**

OSSAA will not consider requests to overturn the determinations of game/contest officials in interpreting or enforcing rules at games or contests. In agreeing to participate in a game or contest, a member school, and the individual participants and the coaches or sponsors representing that member school, accept the risk that game/contest officials may make errors in interpreting or enforcing rules at games or contests. Any errors by game/contest officials should be raised with those officials, in a respectful manner, and in accordance with the rules established for that particular activity. The decisions of the game/contest officials are accepted as final.

An exception to this Policy may be granted if in the case of an ejection of a participant from a contest, the game/contest official misidentifies the individual who should have been ejected. The request to review the misidentified player must be submitted to the OSSAA in writing.

VI. **COACHES' ETHICS AND PROFESSIONAL STANDARDS**

- A. Exemplify the highest moral character, behavior and leadership.
- B. Respect the integrity and personality of the individual athlete.
- C. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
- D. Respect the integrity and judgment of sports officials, never baiting or taunting officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
- E. Demonstrate a mastery of and continuing interest in, coaching principles and techniques through professional improvement.
- F. Encourage and respect for all athletes and their values.
- G. Display modesty in victory and graciousness in defeat.
- H. Promote ethical relations among coaches.

- I. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- J. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- K. Seek to inculcate good health habits, including the establishment of sound training rules.
- L. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
- M. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

VII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES

- A. Any school representative who publicly criticizes a contest official, and any contest official who publicly criticizes a school representative in connection with a contest meet or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension. Public criticism includes, but is not limited to comments made to the media or during a broadcasted event, and comments made in a public forum.

VIII. TEAM CHAMPIONS (BOYS)

1937	-	Tulsa Central	1980	-	4A Edmond	1998	-	5A Jenks
1938	-	Tulsa Central			3A Pryor			4A Bishop McGuinness
1939	-	Tulsa Central	1981	-	4A Edmond			3A Elk City
1940	-	Tulsa Central			3A Sallisaw			2A Dickson
1941	-	Tulsa Central	1982	-	4A Edmond			A Oklahoma Christian
1942	-	Tulsa Central			3A Sallisaw	1999	-	5A Edmond Memorial
1943	-	Tulsa Central	1983	-	4A Edmond			4A Bishop McGuinness
1944	-	Tulsa Central			3A Guthrie			3A Little Axe
1945	-	Tulsa Central	1984	-	5A Jenks			2A Plainview
1946	-	Tulsa Rogers			4A Guthrie			A Carnegie
1947	-	Tulsa Rogers			3A Bishop McGuinness	2000	-	5A Edmond Memorial
1948	-	Tulsa Central	1985	-	5A Edmond			4A Capitol Hill
1949	-	Tulsa Central			4A Tulsa Edison			3A Elk City
1950	-	Tulsa Central			3A Weatherford			2A Watonga
1951	-	Tulsa Central	1986	-	5A Jenks			A Carnegie
1952	-	Tulsa Central			4A Western Heights	2001	-	5A Edmond Memorial
1953	-	Tulsa Central			3A Marlow			4A Shawnee
1954	-	Tulsa Central	1987	-	5A Edmond			3A Marlow
1955	-	Tulsa Rogers			4A Western Heights			2A Watonga
1956	-	Tulsa Rogers			3A Marlow			A Okla. Christian School
1957	-	Tulsa Central	1988	-	5A Jenks	2002	-	5A Edmond Memorial
1958	-	Tulsa Rogers			4A Duncan			4A Shawnee
1959	-	Tulsa Edison			3A Marlow			3A Marlow
1960	-	Tulsa Edison	1989	-	5A Jenks			2A Watonga
1961	-	Tulsa Central			4A Altus			A Hinton
1962	-	Tulsa Edison			3A Weatherford	2003	-	5A Jenks
1963	-	Tulsa Central	1990	-	5A Jenks			4A Bishop McGuinness
					4A Western Heights			3A Marlow
1964	-	2A Ponca City			3A Little Axe			2A Sequoyah (T)
		A Sequoyah-Tahlequah			2A Beaver			A Hinton
1965	-	2A Tulsa Hale	1991	-	5A Jenks	2004	-	5A Edmond Memorial
		A Sequoyah-Tahlequah			4A Guthrie			4A Bishop McGuinness
1966	-	2A Tulsa Hale			3A Marlow			3A Elk City
		A Southeast			2A Keyes			2A Sequoyah (T)
1967	-	2A US Grant	1992	-	5A Jenks			A Hydro-Eakly
		A Tulsa Kelley			4A Bishop McGuinness	2005	-	5A Mustang
1968	-	2A Northwest			3A Marlow			4A Bishop Kelley
		A Tulsa Kelley			2A Riverside			3A Elk City
1969	-	2A Putnam City	1993	-	5A Jenks			2A Sequoyah (T)
		A Sequoyah			4A Bishop McGuinness			A Okla. Bible Academy
1970	-	4A Tulsa McLain			3A Marlow	2006	-	5A Mustang
		3A Tulsa Webster			2A Sequoyah-Tahleq.			4A Deer Creek
1971	-	4A Tulsa Edison	1994	-	5A Jenks			3A Madill
		3A Tulsa Kelley and Broken Arrow			4A Guthrie			2A Sequoyah (T)
1972	-	4A Tulsa Hale			3A Little Axe			A Okla. Bible Academy
		3A Riverside			2A Lindsay	2007	-	5A Tulsa Union
1973	-	4A Putnam City	1995	-	5A Edmond Memorial			4A Deer Creek
		3A Tulsa Kelley			4A Bishop McGuinness			3A Madill
1974	-	4A Tulsa Hale and Putnam City			3A Little Axe			2A Metro Christian
		3A Tulsa Kelley			2A Sequoyah-Tahleq.			A Hooker
1975	-	4A Putnam City	1996	-	5A Edmond Memorial			2008 - 6A Union
		3A Tulsa Kelley			4A Bishop McGuinness			5A Bishop Kelley
1976	-	4A Northwest			3A Elk City			4A Madill
		3A Tulsa Kelley			2A Dickson			3A Metro Christian
1977	-	4A Norman			A Hydro			2A Oklahoma Bible Aca.
		3A Riverside	1997	-	5A Moore			2009 - 6A Broken Arrow
1978	-	4A Moore			4A Bishop McGuinness			5A Guthrie
		3A Owasso			3A Elk City			4A Santa Fe South
1979	-	4A Edmond			2A Dickson			3A Jones
		3A Anadarko			A Hydro			2A Okla. Bible Academy

2010	6A	Union
	5A	Guthrie
	4A	Metro Christian
	3A	Plainview
	2A	Hooker
2011	6A	Norman
	5A	Deer Creek
	4A	Elgin
	3A	Plainview
2012	2A	Beaver
	6A	Jenks
	5A	Deer Creek(Edmond)
	4A	Anadarko
	3A	Plainview
2013	2A	Tonkawa
	6A	Jenks
	5A	Deer Creek-Edmond
	4A	Santa Fe South
	3A	Kansas
2014	2A	Hooker
	6A	Jenks
	5A	Deer Creek-Edmond
	4A	Lincoln Christian
	3A	Chisholm
2015	2A	Hooker
	6A	Jenks
	5A	Guymon
	4A	Lincoln Christian
	3A	Marietta
2016	2A	Hooker
	6A	Bartlesville
	5A	Guymon
	4A	Lincoln Christian
	3A	Marietta
2A	Lomega/Ringwood	

IX. INDIVIDUAL CHAMPIONS (BOYS)

1937	-	Carl Ridens	Guthrie	1978	-	4A	Greg Avery	Ponca City
1938	-	Mode Perry	Tulsa			3A	Tom Horn	Bixby
1939	-	Ted Roberts	Classen	1979	-	4A	Dallas Cox	Muskogee
1940	-	Ted Roberts	Classen			3A	Lamont Frazier	Sequoyah-Tahlequah
1941	-	James Woodward	OKC Central	1980	-	4A	Kevin Thatcher	Edmond
1942	-	Bob Letson	Tulsa Rogers			3A	Joe Scott	Western Heights
1943	-	Eldon Ferguson	Tulsa Central	1981	-	4A	Kevin Thatcher	Edmond
1944	-	R.C. Slocum	Tulsa Central (OU & OSU)			3A	Joe Atkin	Sallisaw
1945	-	Carl Jacobsen	Tulsa Central (OU)	1982	-	4A	Mike Bilyeu	Tulsa Hale
		R.C. Slocum	Tulsa Central (OSU)			3A	Ronald Lee	Sallisaw
1946	-	Dick Willey	Tulsa Rogers (OU)	1983	-	4A	Cary Brady	Norman
		Billy Ward	Tulsa Rogers (OSU)			3A	Paul Dreesen	Guthrie
1947	-	Bruce Drummond	Tulsa Central (OU)	1984	-	5A	Donnie Childs	Enid
		Dick Willey	Tulsa Rogers (OSU)			4A	Paul Dreesen	Guthrie
1948	-	Bruce Drummond	Tulsa Central (OU & OSU)			3A	Bobby Kauliaty	Anadarko
1949	-	Derald Smith	Capitol Hill (OU & OSU)	1985	-	5A	Donnie Childs	Enid
		George Gilmour	Tulsa Central (OSU)			4A	Bryan Walker	Duncan
1950	-	Donald Ladd	Capitol Hill (OU & OSU)			3A	David LaCour	Weatherford
1951	-	Bob Buchanan	Stillwater (OU & OSU)	1986	-	5A	Bryan Yockers	Bartlesville
1952	-	Bob Buchanan	Stillwater (OU)			4A	Larry Ripee	Noble
		Bobby Cave	Stillwater (OU)			3A	Brent Johnson	Heritage Hall
1953	-	Ron Wade	Tulsa Central (OU & OSU)	1987	-	5A	Joe Weis	Stillwater
1954	-	Floyd Cumbey	Tulsa Central (OU)			4A	Danny Walker	Western Heights
		Laddie Nethercutt	Capitol Hill (OSU)			3A	Bren Johnson	Heritage Hall
1955	-	Clyde Davidson	Tulsa Rogers	1988	-	5A	Tommy Green	Norman
1956	-	Harold Smith	Tulsa Rogers			4A	Danny Walker	Western Heights
1957	-	Harold Smith	Tulsa Rogers			3A	David Wahley	Marlow
1958	-	Ted Riesinger	Tulsa Rogers	1989	-	5A	Tyson Echelle	Stillwater
1959	-	John English	Tulsa Edison			4A	Mike Parker	Ardmore
1960	-	John English	Tulsa Edison			3A	Calley Williamson	Sulphur
1961	-	George Stroup	Tulsa Edison	1990	-	5A	Erick Richard	Jenks
1962	-	Ray Smith	Tulsa Rogers			4A	Mike Parker	Ardmore
1963	-	Bob Arnold	Tulsa Rogers			3A	Tori Holcomb	Weatherford
						2A	Travis Taber	Beaver
1964	-	2A Charles Brown	Ponca City	1991	-	5A	Erick Richard	Jenks
		A Willie Rios	Lawton Eisenhower			4A	Phillip Price	Catoosa
1965	-	2A Willie Rios	Lawton Eisenhower			3A	Tori Holcomb	Weatherford
		A Tommy Ward	McAlester			2A	Darin Bell	Beaver
1966	-	A Ron Majors	Enid	1992	-	5A	Brian Young	Jenks
		A Bill Hornbosted	Stillwater			4A	Phillip Price	Catoosa
1967	-	2A Ron Majors	Enid			3A	R.J. Albaugh	Weatherford
		A Terry Ziegler	Tulsa Kelley			2A	Robert Bark	Seq.-Tahlequah
1968	-	2A Randy Heierding	Putnam City	1993	-	5A	Brian Young	Jenks
		A Wayne Wallgren	Choctaw			4A	Cornelius Mason	Northeast
1969	-	2A Kim Wilson	Enid			3A	Craig Blanchard	Little Axe
		A John Gula	Stillwater			2A	Mark Levings	Buffalo
1970	-	4A John Womack	Ponca City	1994	-	5A	Mark Thompson	Edmond Memorial
		3A Lyn Long	Marlow			4A	Cornelius Mason	Bishop McGuinness
1971	-	4A Bill Welch	Tulsa Edison			3A	David Lampkin	Dickson
		3A Chuck Barkley	Classen			2A	Zac Johnson	Velma-Alma
1972	-	4A Dave Sanders	Tulsa Edison	1995	-	5A	Mark Thompson	Edmond-Memorial
		3A Chuck Barkley	Classen			4A	Taylor Styron	Bishop McGuinness
1973	-	4A Brent Schooley	John Marshall			3A	Jeremy Johnson	Little Axe
		3A Randy Prophet	Laverne			2A	Mylo Miller	Velma-Alma
1974	-	4A Tom Story	Midwest City	1996	-	5A	Mark Thompson	Edmond Memorial
		3A Tom Laden	Tulsa Kelley			4A	Kevin Connolly	Bishop McGuinness
1975	-	4A Tom Story	Midwest City			3A	Kevin Minson	Marlow
		3A Mark Littlebear	Sequoyah-Tahlequah			2A	Bobby Holmes	Chandler
1976	-	4A John Miley	Northwest			A	Herbie Pebeashy	Hydro
		3A Pat Vaughan	Union					
1977	-	4A John Miley	Northwest					
		3A Tom Horn	Bixby					

Boys Individual Champions (continued)

1997	-	5A	Clay Cosby	Jenks	2009	-	6A	Victor Others	Ponca City
		4A	Kevin Connolly	Bishop McGuinness			5A	Taler Buck	Deer Creek
		3A	Albert Kelly	Bristow			4A	Martin Calderon	Blackwell
		2A	David Lampkin	Dickson			3A	Lucien Carriveau	Riverside
		A	Herbie Peabeashy	Hydro			2A	Cale Eidson	Calera
1998	-	5A	Chris McWatters	Moore	2010		6A	Tanner Sattertwate	Norman
		4A	Kevin Connolly	Bishop McGuinness			5A	Taler Buck	Deer Creek
		3A	Patrick McGuire	Plainview			4A	David Annett	Metro Christian
		2A	Steve Sawyer	Chisholm			3A	Andrew Leahey	Plainview
		A	Mylo Miller	Velma-Alma			2A	Joe Springer	Frontier
1999	-	5A	Joey McNair	Bartlesville	2011		6A	Arya Bahreini	Edmond Santa Fe
		4A	Brett Lowry	Bishop McGuinness			5A	Taler Buck	Deer Creek
		3A	Travis Johnson	Elk City			4A	Steven Ory	Cascia Hall
		2A	Patrick McGuire	Plainview			3A	Chris Lowery	Chandler
		A	Lucian Bliss	Carnegie			2A	Louis Chavez	Beaver
2000	-	5A	Rem Moll	Jenks	2012		6A	Noah Gade	Stillwater
		4A	Marco Jimenez	Capitol Hill			5A	Bryce Balenseifen	Deer Creek(Edmond)
		3A	Chris McHone	Elk City			4A	Harvey Baylor	Cleveland
		2A	Patrick McGuire	Plainview			3A	Chris Lowery	Chandler
		A	Erin Rooney	Oklahoma Christian			2A	Andrew Rogers	Copan
2001	-	5A	Chase Hall	Jenks	2013		6A	Ben Barrett	Norman North
		4A	Erik Hurst	Shawnee			5A	Bryce Balenseifen	Deer Creek (Edmond)
		3A	Chris Orsburn	Little Axe			4A	Tristan Owens	Oologah-Talala
		2A	Patrick McGuire	Plainview			3A	Colton Green	Henryetta
		A	Justin Edsall	Lomega			2A	Wyatt Johnson	Watonga
2002	-	5A	Aaron Snyder	Mustang	2014		6A	Ben Barrett	Norman North
		4A	Tyler Kelley	Bishop Kelley			5A	Bryce Balenseifen	Deer Creek-Edmond
		3A	Josh Stewart	Byng			4A	Daniel Mazzei	Berryhill
		2A	Jason Coleman	Watonga			3A	Colton Green	Henryetta
		A	Justin Edsall	Lomega			2A	Isai Rodriguez	Ringwood
2003	-	5A	Brian Gosnell	Tahlequah	2015		6A	Ean Beyer	Norman North
		4A	Preston Swanson	Guthrie			5A	Eugene Grayson	Glenpool
		3A	Josh Stewart	Byng			4A	Zach Black	Sallisaw
		2A	Matt Blackwell	Tishomingo			3A	Cameron Corbin	Tishomingo
		A	Cass Jaques	Hinton			2A	Isai Rodriguez	Lomega/Ringwood
2004	-	5A	Kevin Schwab	Mustang	2016		6A	Matt Young	Jenks
		4A	Lance Goodwin	Harrarh			5A	Coal Phillips	Carl Albert
		3A	Isaac Garcia	Victory Christian			4A	Daniel Mazzei	Berryhill
		2A	Phillip Melott	Watonga			3A	Zane Nutter	Marietta
		A	Marshall Summa	Mt. Saint Mary			2A	Isai Rodriguez	Lomega/ Ringwood
2005	-	5A	Kevin Swwab	Mustang					
		4A	Roland Vasquez	Altus					
		3A	Stormey Duncan	Marlow					
		2A	Josh Doyel	Watonga					
		A	Riley Voth	Hooker					
2006	-	5A	Kevin Schwab	Mustang					
		4A	Brice Irving	Skiatook					
		3A	Isbek Salinas	Madill					
		2A	Josh Doyel	Watonga					
		A	Jordan Rouintree	Oilton					
2007	-	5A	Steven Baker	Tulsa Union					
		4A	Adam Young	Deer Creek					
		3A	Isbek Salinas	Madill					
		2A	Ryan Schooley	Metro Christian					
		A	Eidson Cale	Calera					
2008	-	6A	Steven Baker	Tulsa Union					
		5A	Dakota Buck	Deer Creek					
		4A	Ramirro Becerra	Santa Fe South					
		3A	Lucien Carriveau	Riverside					
		2A	Cale Edison	Calera					

X. TEAM CHAMPIONS (GIRLS)

1975	-	Edmond	1995	-	5A Jenks	2007	-	5A Edmond North
1976	-	Union			4A Bishop McGuinness			4A Bishop McGuinness
1977	-	4A Edmond			3A Plainview			3A Madill
		3A Union			2A Velma-Alma			2A Plainview
1978	-	4A Edmond	1996	-	5A Westmoore			A Watonga
		3A Union			4A Bishop McGuinness	2008	-	6A Westmoore
1979	-	4A Edmond			3A Marlow			5A Bishop McGuinness
		3A Union			2A Lexington			4A Seminole
1980	-	4A Norman			A Velma-Alma			3A Plainview
		3A Union	1997	-	5A Sapulpa			2A Thomas
1981	-	4A Norman			4A Bishop McGuinness	2009	-	6A Edmond North
		3A Union			3A Little Axe			5A Collinsville
1982	-	4A Edmond			2A Lexington			4A Madill
		3A Sallisaw			A Velma-Alma			3A Plainview
1983	-	4A Edmond	1998	-	5A Mustang			2A Watonga
		3A Sallisaw			4A Bishop McGuinness	2010		6A Jenks
1984	-	5A Edmond			3A Little Axe			5A Coweta
		4A Pryor			2A Warner			4A Metro Christian
		3A Alva			A Velma-Alma			3A Plainview
1985	-	5A Jenks	1999	-	5A Jenks			2A Boise City
		4A Tulsa Kelley			4A Bishop McGuinness	2011		6A Edmond Memorial
		3A Alva			3A Elk City			5A Coweta
1986	-	5A Tahlequah			2A Plainview			4A Metro Christian
		4A Tulsa Kelley			A Canton			3A Plainview
		3A Grove	2000	-	5A Jenks			2A Hennessey
1987	-	5A Jenks			4A Bishop McGuinness	2012		6A Jenks
		4A Pryor			3A Marlow			5A Metro Christian
		3A Bishop McGuinness			2A Plainview			4A Mount St. Mary
1988	-	5A Jenks			A Okla. Bible Academy			3A Plainview
		4A Pryor	2001	-	5A Jenks			2A Tonkawa
		3A Bishop McGuinness			4A Bishop McGuinness	2013		6A Norman North
1989	-	5A Jenks			3A Madill			5A Deer Creek (Edmond)
		4A Pryor			2A Plainview			4A Plainview
		3A Marlow			A Okla. Bible Academy			3A Marietta
1990	-	5A Jenks	2002	-	5A Jenks			2A Warner
		4A Bishop McGuinness			4A Bishop McGuinness	2014		6A Bartlesville
		3A Marlow			3A Jay			5A Deer Creek-Edmond
		2A Hennessey			2A Watonga			4A Plainview
1991	-	5A Bartlesville			A Carnegie			3A Marietta
		4A Tahlequah	2003	-	5A Mustang			2A Cordell
		3A Marlow			4A Guthrie	2015		6A Bartlesville
		2A Beaver			3A Madill			5A Claremore
1992	-	5A Moore			2A Plainview			4A Metro Christian
		4A Bishop McGuinness			A Carnegie			3A Marietta
		3A Plainview	2004	-	5A Mustang			2A Cordell
		2A Seq.-Tahlequah			4A Bishop McGuinness	2016		6A Bartlesville
1993	-	5A Bartlesville			3A Jay			5A Bishop McGuinness
		4A Bishop McGuinness			2A Plainview			4A Lincoln Christian
		3A Plainview			A Carnegie			3A Marietta
		2A Beaver	2005	-	5A Tulsa Union			2A Warner
1994	-	5A Jenks			4A Bishop McGuinness			
		4A Bishop McGuinness			3A Madill			
		3A Marlow			2A Sequoyah Tahlequah			
		2A Lexington			A Haworth			
			2006	-	5A Jenks			
					4A Bishop McGuinness			
					3A Madill			
					2A Plainview			
					A Hennessey			

XI. INDIVIDUAL CHAMPIONS (GIRLS)

1975	-	Michelle Brown	John Marshall	1997	-	5A Summer Suchy	Westmoore
1976	-	Rhona Ray	Norman			4A Amanda Jordan	Bishop McGuinness
1977	-	4A Rhona Ray	Norman			3A Carrie McFall	Cascia Hall
		3A Jane Clough	Yukon			2A Tasha Lance	Victory Christian
1978	-	4A Denise Weeden	Edmond			A Amber Thacker	Velma-Alma
		3A Jane Clough	Yukon	1998	-	5A Wendy Scott	Mustang
1979	-	4A Denise Weeden	Edmond			4A Amanda Jordan	Bishop McGuinness
		3A Rachel Williams	Union			3A Jesse Gordon	Plainview
1980	-	4A Linda Maguire	Norman			2A Miley Turnbull	Warner
		3A Lori Bushyhead	Union			A Beth Hooten	Canton
1981	-	4A Laura Blackburn	Moore	1999	-	5A Brianna McLeod	Jenks
		3A Lori Bushyhead	Union			4A Amanda Jordan	Bishop McGuinness
1982	-	4A Laura McCoy	Norman			3A Susan Morford	Little Axe
		3A Donna Kating	Pryor			2A Jessie Gordon	Plainview
1983	-	4A Laura McCoy	Norman			A Beth Hooten	Canton
		3A Donna Kating	Pryor	2000	-	5A Brianna McLeod	Jenks
1984	-	5A Michelle Scholtz	Tulsa Memorial			4A Amanda Jordan	Bishop McGuinness
		4A Alana Gray	Pryor			3A Chandra Huckabay	Marlow
		3A Angela Harmon	Wynnewood			2A Jessie Gordon	Plainview
1985	-	5A Michelle Scholtz	Tulsa Memorial			A Heidi Schmidt	Okla. Bible Academy
		4A LaVeshia Martin	Okmulgee	2001	-	5A Alayne Thompson	Jenks
		3A Christy Wyatt	Marlow			4A Alicia Dolby	Thomas Edison
1986	-	5A Michelle Scholtz	Tulsa Memorial			3A Abigail Lillich	Jay
		4A LaVeshia Martin	Okmulgee			2A Jesse Gordon	Plainview
		3A Mary Kannmore	Vinita			A Brooke Edsall	Omega
1987	-	5A Alison Uberecken	Bartlesville	2002	-	5A Brianna McLeod	Jenks
		4A Shawna Charley	Noble			4A Alicia Dalby	Thomas Edison
		3A Brooke Netherton	Jay			3A Carissa Fischer	Weatherford
1988	-	5A Britt Smith	Jenks			2A Kimbri Lettkeman	Watonga
		4A Heather McKillip	El Reno			A Brooke Edsall	Omega
		3A Randi Thompson	Poteau	2003	-	5A Chelsea Baldwin	Ponca City
1989	-	5A Amy Tinker	Jenks			4A Jamie Theobald	Guthrie
		4A Annette Ackuff	Pryor			3A Michaela Brannan	Victory Christian
		3A Randi Thompson	Poteau			2A Taylor Rigsby	Metro Christian
1990	-	5A Amy Tinker	Jenks			A Brooke Edsall	Omega
		4A Michelle Decker	Guthrie	2004	-	5A Ina Ables	Tulsa Union
		3A Michelle Goode	Plainview			4A Lacey Akers	Harrah
		2A Natalie Gray	Cascia Hall			3A Taylor Rigsby	Metro Christian
1991	-	5A Chery Finley	Lawton Eisenhower			2A Sarah Holcomb	Sequoyah Tahlequah
		4A Jenni Monette	Claremore			A Brooke Edsall	Omega
		3A Natalie Gray	Cascia Hall	2005	-	5A Ina Ables	Tulsa Union
		2A Amy Herchock	Beaver			4A Lacey Akers	Harrah
1992	-	5A Amy Tinker	Jenks			3A Taylor Rigsby	Metro Christian
		4A Jessica Hoke	Bishop McGuinness			2A Chelsea Jones	Watonga
		3A Natalie Gray	Cascia Hall			A Kristen Radcliff	Forgan
		2A Anjanette Proctor	Sequoyah-Tahlequah	2006	-	5A Sara Vaughn	Tulsa Union
1993	-	5A Carissa Nix	Jenks			4A Molly Ferguson	Bishop McGuinness
		4A Jessica Hoke	Bishop McGuinness			3A Jori Davis	Piedmont
		3A Natalie Gray	Cascia Hall			2A Amber Harper	Plainview
		2A Ashlee Barby	Laverne			A Kristen Radcliff	Forgan
1994	-	5A Melissa Flood	Moore	2007	-	5A Sara Vaughn	Tulsa Union
		4A Ashley Boothe	Bishop McGuinness			4A Andrea Lewis	Bishop Kelley
		3A Sarah Harvey	Plainview			3A Kadie Peolpes	Madill
		2A Amy Armer	Kansas			2A Amber Harper	Plainview
1995	-	5A Corrie Hussar	Mustang			A Heather Braley	Chisholm
		4A Ashley Boothe	Bishop McGuinness	2008	-	6A Paige Barnes	Jenks
		3A Kelleigh Sanders	Elgin			5A Andrea Lewis	Bishop Kelley
		2A Rae Ann McCurry	Velma-Alma			4A Jori Davis	Piedmont
						3A Danae McGee	Stroud
						2a Angela Bigbiw	Carnegie

Girls Individual Champions (continued)

1996	-	5A	Lindsey Hughes	Westmoore
		4A	Ashley Boothe	Bishop McGuinness
		3A	Leah McCawley	Marlow
		2A	Tasha Lance	Victory Christian
		A	Rae Ann McCurry	Velma-Alma
2009	-	6A	Jacquelynn Skocik	Jenks
		5A	Jessica Hembree	Tahlequah
		4A	Jori Davis	Piedmont
		3A	Regan Ward	Beggs
		2A	Coriann Hoar	Watonga
2010		6A	Noemi Hernandez	Westmoore
		5A	Jessica Hembree	Tahlequah
		4A	Kelsey McKee	Metro Christian
		3A	Cheyenne Choate	Hennessey
		2A	Jaylee Mays	Balko
2011		6A	Emily Helms	Mustang
		5A	Christi Dougherty	Coweta
		4A	Lindsey Gregory	Madill
		3A	Alex Davis	Plainview
		2A	Cheyenne Choate	Hennessey
2012		6A	Emily Helms	Mustang
		5A	Jessica Hembree	Tahlequah
		4A	Sydney Lawrence	Stilwell
		3A	Alex Davis	Plainview
		2A	Omega Reese	Tonkawa
2013		6A	Cheyenne Walden	Sand Springs
		5A	Michaela Werner	Grove
		4A	Zoie DeFehr	Weatherford
		3A	Daisy Vanmeter	Henryetta
		2A	Kailey Kilpatrick	Warner
2014		6A	Cheyenne Waldon	Sand Springs
		5A	Sydney Lawrence	Stilwell
		4A	Adrena Mazzei	Berryhill
		3A	Daisy Von Meter	Henryetta
		2A	Berkley Price	Cordell
2015		6A	Cheyenne Walden	Sand Springs
		5A	Tesa Potter	Tecumseh
		4A	Alyssa Solberg	Lincoln Christian
		3A	Daisy Van Meter	Henryetta
		2A	Ellie Gilbreath	Regent Prep
2016		6A	Cheyenne Walden	Sand Springs
		5A	Laynie Nichols	Claremore
		4A	Maicie Brown	Weatherford
		3A	Barbara Johnson	Heavener
		2A	Ellie Gilbreath	Regent Prep

NOTES