



OISRAN 2025 STATE CHAMPIONSHIPS  
FRIDAY, February 21, 2025  
ONSF FREESTYLE RACE

## PRE-RACE:

- 11:30 AM** Sign-In open for Coaches and Volunteers
- 12:45 PM** Coaches' **MANDATORY** Meeting- Stadium
- 1:00 PM** Course Monitor Meeting-Stadium
- 1:30 PM** Timing Crew Meeting- Stadium

## RACES:

- 2:00 PM** GIRLS 5K Freestyle Race- Mass Start
- 2:02** Girls' Short Course. These racers are in the last wave of Girls.
- 2:45** BOYS 5K Freestyle Race- Mass Start
- 2:47** BOYS' Short Course- racers are in the last wave of Boys.

## POST-RACE:

- 3:45** Unofficial results on Webscorer  
Coaches' Meeting (as needed)  
Jury Meeting (as needed)

**FRIDAY @ 4pm or 15 min after results are posted**  
**DEADLINE FOR COACHES TO REPORT TIMING ERRORS**