

Frontier Valley Conference Cross Country Meet

DATE: Tuesday, October 13th 2015

PLACE: Mohawk Park, 5701 E 36th St N, Tulsa, OK. Course starts and ends on the Polo fields on the north side of the park.

STARTING TIMES: 3:30 Coaches Meeting

4:00 Girls Varsity (5k)

4:30 Boys Varsity (5K)

5:00 Girls JV (5K)

5:30 Boys JV (5K)

6:00 JH Girls (3200)

6:30 JH Boys (3200)

TEAM AWARDS: 1st place trophy or plaque for all divisions.

INDIVIDUAL AWARDS: Medals for top 15 finishers in ALL races.

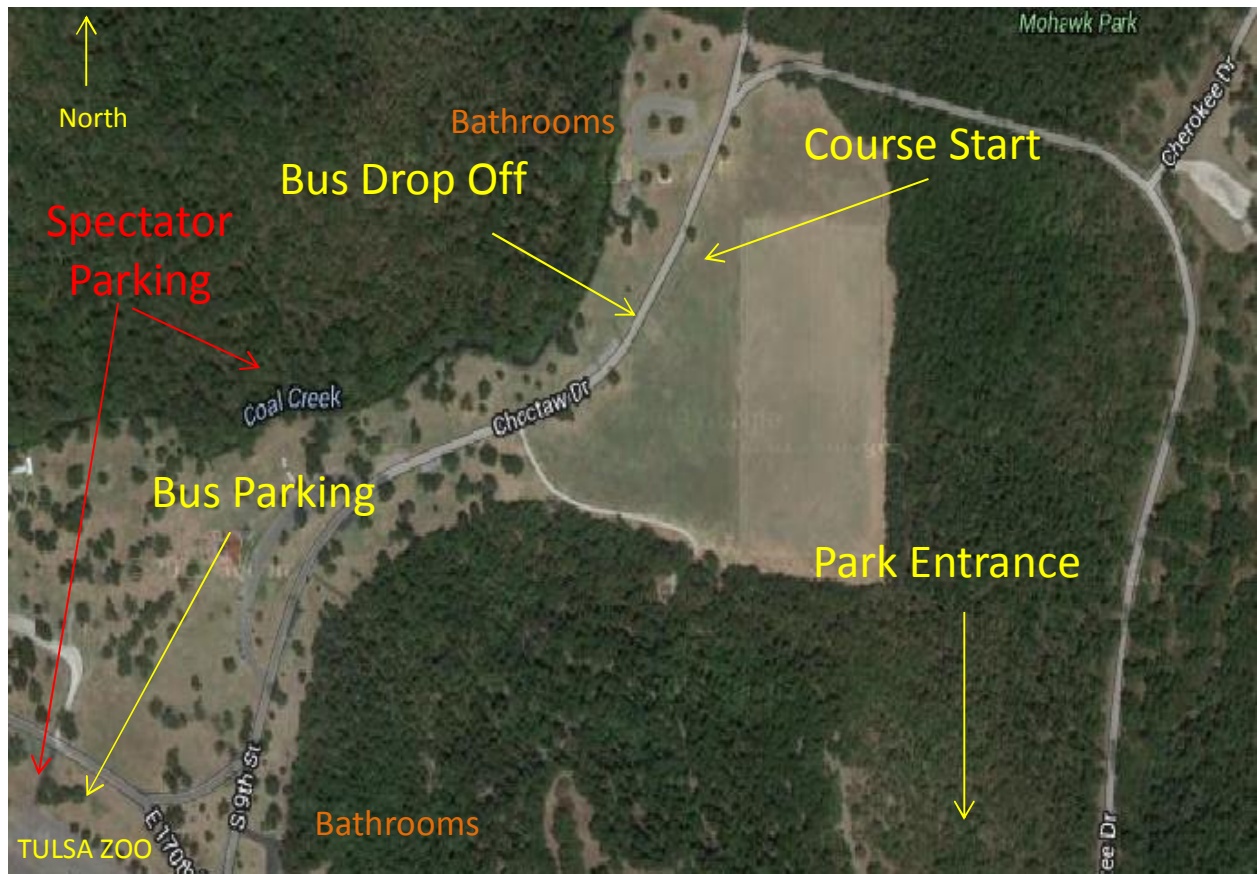
RESTROOMS AND DRESSING: Park bathrooms available.

Entries: Enduroentries.com **Deadline for entries 10/12 5:00**

COURSE: The course winds around the Polo Fields and onto the trails between the Polo Fields and the Zoo. The course is very flat and shaded.

WATER: Bottled water will be provided for each runner at the finish line and water tables will be set up by the start line but not for each camp. Water will also be for sale to spectators.

EMERGENCIES: School trainers will be onsite in case of emergencies. Please make sure your athletes are hydrated before coming to the meet.



PARKING: Coaches, please have your drivers drop off your runners near the start line then pull back around to the Tulsa Zoo to park the bus. There is spectator parking at the Zoo and the playground west of the course. Please no parking along the roads.

PARK ENTRANCE: E 36th St. North (N. Port Road). Just north of the Tulsa Airport.

If you have any questions please call or email Steve. Patterson @ jenksp.org

918-812-8261