



Tulsa  
**Bone&Joint**  
Associates



## OWASSO INVITATIONAL

HIGH SCHOOL & JUNIOR HIGH

**CROSS COUNTRY MEET**

**\*This is the same course as the 2016 OSSAA East Regional Meet\***

**DATE:** Thursday, October 6<sup>th</sup> 2016

**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:** 3:15 Coaches Meeting

3:30 Girls Varsity (5k)

4:00 Girls JV (5k)

4:30 Boys Varsity (5k)

5:00 Boys JV (5k)

5:30 Girls Junior High (2 mile)

6:00 Boys Junior High (2 mile)

**TEAM AWARDS:** 1<sup>st</sup> and 2<sup>nd</sup> place trophies for Varsity girls and boys and Junior High girls and boys.

**INDIVIDUAL AWARDS:** Medals for top 20 finishers in ALL races.

**ENTRIES:** \$60 Varsity Girls, \$60 Varsity Boys, \$50 JH Girls, \$50 JH Boys, \$10 Individuals. (\$200 for all 4 divisions).

**PLEASE SEND ENTRY FEES TO:** Owasso Athletic Department

12901 E. 86<sup>th</sup> Street North

Owasso, OK 74055

918-272-1867

**PLEASE EMAIL ROSTERS TO:** Tulsa Runner Timing (Philip West)

[westusmc@hotmail.com](mailto:westusmc@hotmail.com) (Microsoft Excel file preferred)

(Rosters due by 5:00 Wednesday, October 5th)

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

**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.

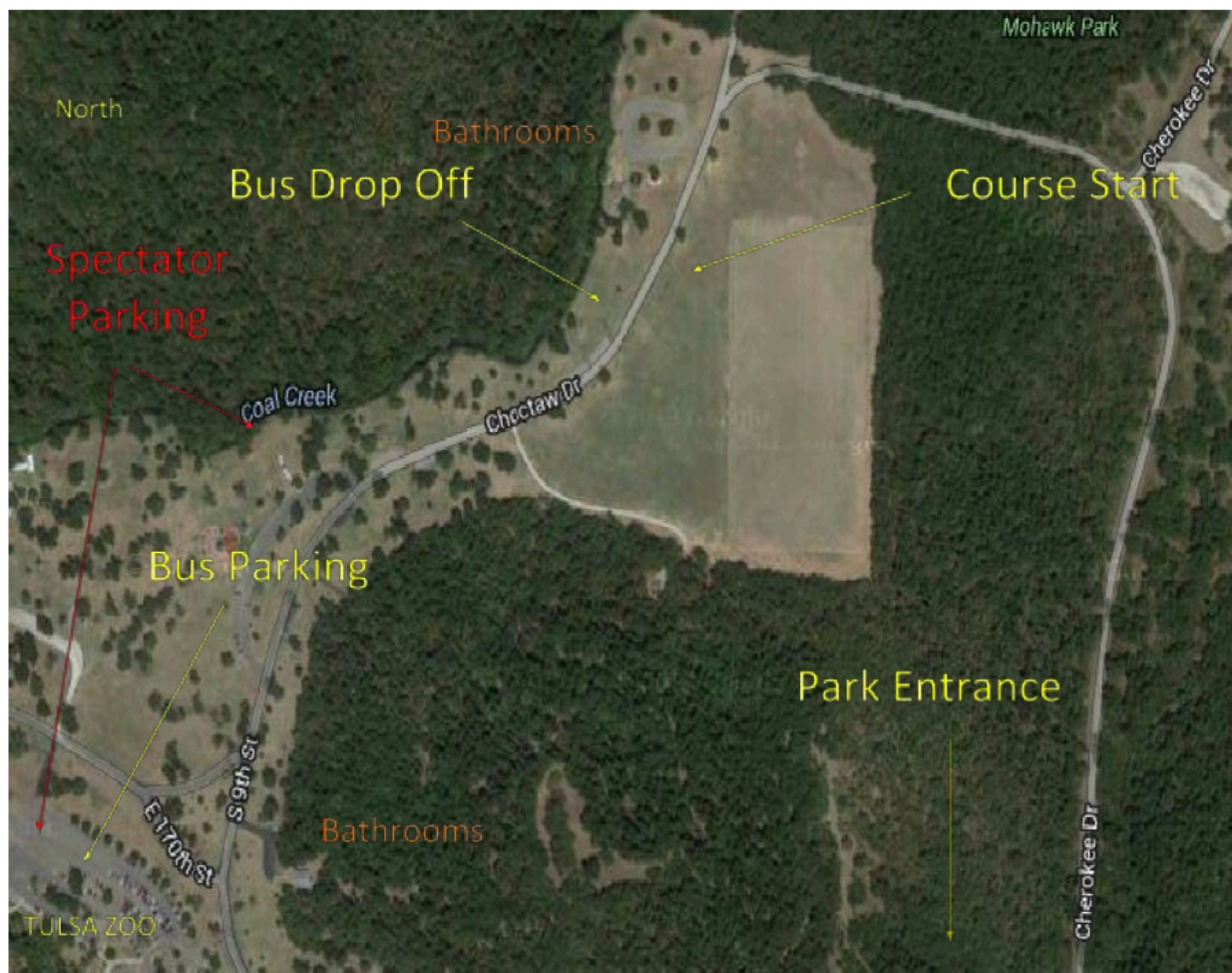
**EMERGENCIES:** School trainers will be onsite in case of emergencies. Please make sure your athletes are hydrated before coming to the meet.

**FOOD DRIVE:** This will be our fifth year to host a canned food drive for the Owasso Food Pantry. We will have containers set up around the camp area for donations. If your team or spectators would like to help it would be greatly appreciated!

If you have any questions please call or email Coach Collins

[918-698-9481](tel:918-698-9481)/[blake.collins@owassops.org](mailto:blake.collins@owassops.org)

**Parking:** Please see next page.



**Parking:** Busses can drop off runners at the start/finish line and park along the road as long as there is room. There will be workers directing bus parking. Coaches please tell parents not to park on the course! We will have ropes and cones blocking Choctaw Dr near the course. Parents can park in the grass on the side of the road but not on Choctaw Drive itself. There is a huge parking lot at the Zoo that can be used if it gets too crowded close to the course.