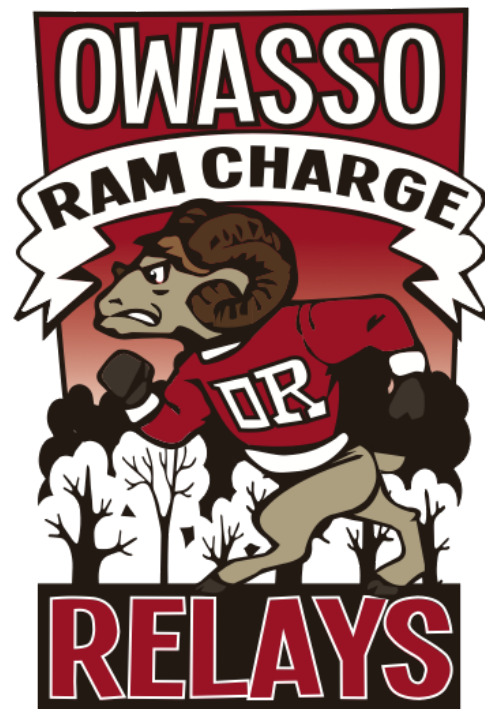




FOLDS of HONOR

Tulsa
Bone&Joint
Associates



DATE: Thursday,
September 1st 2016

PLACE: (DUE TO PLANNED CONSTRUCTION AT THE
OWASSO SPORTS PARK WE ARE GOING TO PLAN B)

**THE MEET WILL NOW BE HELD AT O'BRIEN
PARK**

6149 N Lewis Ave, Tulsa, OK 74130

New Cross Country Relay format! This year's meet will feature a 4 person, 6-mile relay (1.5 miles per runner) race for varsity and junior varsity runners. Junior High runners will run a standard 1-mile course.

(Boys and Girls teams will start together but be divided at the finish line).

STARTING TIMES: 3:15 Coaches Meeting

3:30 Girls Varsity (2 team limit)

3:30 Boys Varsity (2 team limit)

4:30 Junior Varsity Girls (2 team limit)

4:30 Junior Varsity Boys (2 team limit)

5:30 Junior Varsity Girls "B team" (unlimited team entries)

5:30 Junior Varsity Boys "B team" (unlimited team entries)

6:30 Girls Junior High (1 mile)

6:50 Boys Junior High (1 mile)

SCHOOL AWARDS: 1st and 2nd place plaques for Varsity girls and boys and Junior High girls and boys. (Teams will be separated by gender at the finish line).

TEAM AWARDS: Medals for top three teams in ALL races.

RESTROOMS AND DRESSING: Park bathrooms available.

ENTRIES: \$30 per relay team, \$50 JH Girls team, \$50 JH Boys team. (No more than \$200 for all relays and divisions).

PLEASE SEND ENTRY FEES TO: Owasso Athletic Department

12901 E. 86th Street North

Owasso, OK 74055

918-272-1867

PLEASE EMAIL ROSTERS TO: Tulsa Runner Timing (Philip West). Click on the link below to open a spreadsheet where you can fill out your rosters. PLEASE COMPLETE YOUR ROSTERS USING THIS LINK...it will make race preparations much easier with the relay format. Please email Philip if you have any questions regarding rosters. westusmc@hotmail.com

(If you are having issues with the following link opening please copy and paste into your browser and it should work).

<https://docs.google.com/spreadsheets/d/1ovWjLan3qMODcbBl3wev8wrSTMETG7PaMMTIPqcCZZ0/edit#gid=0>

(Please remember to declare what division each runner will participate in, Varsity, JV, or JV "B").

(Rosters due by 5:00 pm Wednesday, August 31st)

WATER: Coaches, please bring water for your athletes! Last year's temperature was right at 100 degrees. 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. Please make sure your athletes (and coaches) are hydrated before coming to the race!

PARKING:

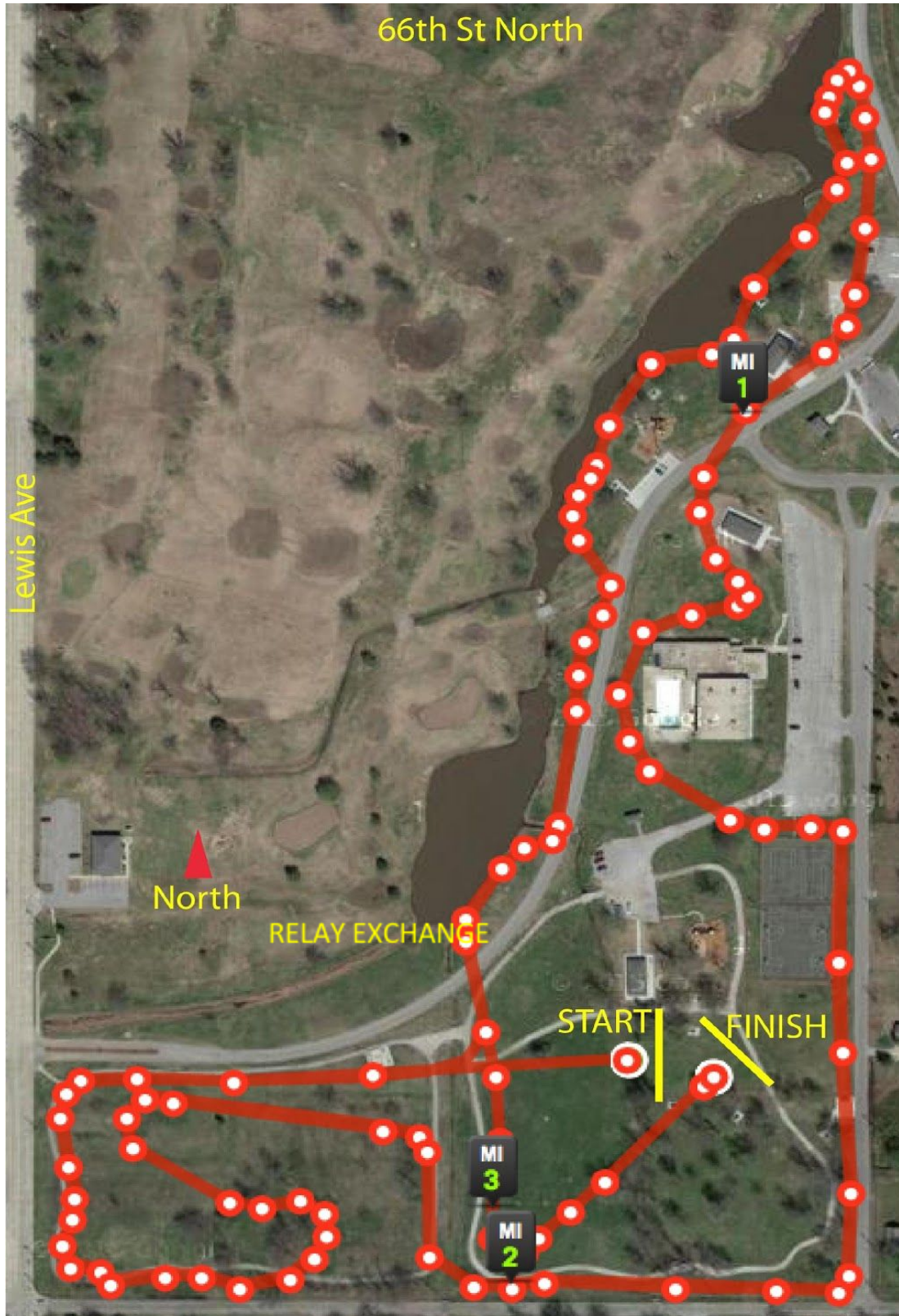
Park entrance will be off 66th st. North. Spectator parking will be in the baseball field parking area. Disabled parking will be in the swimming pool parking lot. School vans can also park at the swimming pool. Buses please enter the park from 61st St North and Birmingham Ave. Drivers can drop off runners at the swimming pool parking lot then head to 63rd st. At 63rd st.

turn right (east) and pull down to the turn around on the far end of the baseball parking lot. Please turn the bus around and park buses facing west. Buses will exit through the spectator parking lot on the north side of the football field. Birmingham Ave and O'Brien Park Road will be blocked to keep traffic away from the course and the runners.



COURSE: The course is very flat and fast and spectator friendly. The relay exchange, start, and finish will be close to the crowd so it should make for a fun area for spectators to watch and more exciting for your runners. **PLEASE MAKE SURE YOU BRING A BATON FOR YOUR RELAY TEAMS.**

COURSE MAP ON NEXT PAGE:



If you have any questions please call or email
Coach Collins [918-698-9481](tel:918-698-9481)/blake.collins@owassops.org