



CROSS COUNTRY HS / JH INVITATIONAL

DATE: Thursday, October 5th 2017

PLACE: Mohawk Park, 5701 E 36th St N, Tulsa, OK. Course starts and ends on the Polo fields on the northeast 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 (1.5 mile/1 Lap or the 5K Course)

6:00 Boys Junior High (1.5 mile/1 Lap or the 5K Course)

TEAM AWARDS: 1st and 2nd place trophies for Varsity girls and boys and Junior High girls and boys.

INDIVIDUAL AWARDS: Medals for top finishers in ALL races.

ENTRIES: \$75 Varsity Boys, \$75 Varsity Girls, JV Teams are free with paid Varsity Teams. JH Girls \$50 and JH Boys \$50. If you bring a Varsity/JV/JH Teams you total cost will be \$200.

PLEASE SEND ENTRY FEES TO: Owasso Athletic Department

12901 E. 86th Street North

Owasso, OK 74055

918-272-1867

Registration: www.endurouso.com

If they have any trouble setting up an enduro account email Kevin McWaters
kevin@endurouso.com



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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.

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 Tulsa Zoo that can be used if it gets too crowded close to the course.

If you have any questions please call or email

Steve Parker 918-808-1412 steve.parker@owassops.org