



CROSS COUNTRY

RELAY MEET

DATE:8/31/17

PLACE: Mohawk Park, 5701 East 36th St. North, Tulsa, OK

Cross Country Relay format! The 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 Junior Varsity Girls (Unlimited number of Teams)

4:30 Varsity Boys (2 Team Limit)

4:30 Junior Varsity Boys (Unlimited number of Teams)

5:30 Girls Junior High (1 mile)

5:50 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: One Varsity team \$50 or Two Varsity Teams \$100 per Boys & Girls Relay Teams - JH Boys team \$50 and JH Girls \$50 (\$100 for both). JV Teams are free with a paid Varsity Team,

PLEASE SEND ENTRY FEES TO: Owasso Athletic Department

12901 E. 86th Street North

Owasso, OK 74055

918-272-1867



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REGISTRATION: JrH Registration is on www.enduroussa.com

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

High School Registration - Email me the names you want for each relay team. I honestly don't care what the names of the kids are because they won't show up in the results. Just the team names will show up in the results. Example: Owasso Varsity Boys 1, Owasso Varsity Boys 2, Owasso JV Boys 1, etc. I just need to know the team names and the number of teams I need to make race bibs for.

westusmc@hotmail.com -Philip West - Tulsa Runner Timing

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.

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.

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!

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

BATONS: Owasso will provide a baton for each team.

Map on next page!!



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If you have any questions please call or email
Coach Parker 918-808-1412 / steve.parker@owassops.org