



## High School and Junior High XC Invitational

**DATE:** Thursday, October 4<sup>th</sup> 2018

**PLACE:** Mohawk Soccer Complex - 3500 E 56th St N, Tulsa OK 74117

**(Site of the 5A/6A East Regional Meet)**

### **STARTING TIMES:**

3:15 Coaches Meeting

3:30 Small School Girls Varsity (2 mile)

4:00 Small School Girls JV (2 mile)

4:30 Girls Varsity (5K)

5:00 Girls JV (5K)

5:30 Boys Varsity (5K)

6:00 Boys JV (5K)

6:30 Girls Junior High (2 mile)

7:00 Boys Junior High (2 mile)

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

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

**RESTROOMS AND DRESSING:** Park bathrooms available. Port-o-potties around the start line.

**ENTRIES:** \$75 Varsity Girls, \$75 Varsity Boys, \$50 JH Girls, \$50 JH Boys, (\$250 for all 4 divisions).

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**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:**

All team entries must be completed online at [www.runendurousa.com](http://www.runendurousa.com). Middle Schools will be entered through Enduro as well.

**If you have any questions contact:**

Kevin Mcwatters @ [kevin@runenduro.com](mailto:kevin@runenduro.com) (405) 641-6006

**COURSE:** The course is very flat, fast, 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.

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

Please email or call Coach Collins with any questions: [blake.collins@owassops.org](mailto:blake.collins@owassops.org)

(918) 698-9481

