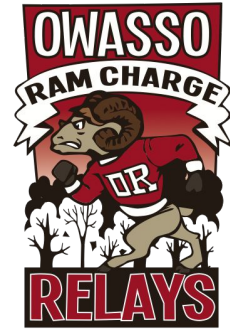


OWASSO

CROSS COUNTRY



DATE: Thursday, August 30th, 2018

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

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

STARTING TIMES: 3:15 Coaches Meeting

3:30 High School Girls Relay

4:30 High School Boys Relay

5:30 Girls Junior High (1.5 mile)

6:00 Boys Junior High (1.5 mile)

SCHOOL AWARDS: 1st and 2nd place plaques for Girls and Boys Relays and JH Teams

INDIVIDUAL AWARDS: Medals for top three teams in relay races and top 20 in JH races.

RESTROOMS AND DRESSING: Park bathrooms available.

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

PLEASE SEND ENTRY FEES TO: Owasso Athletic Department

12901 E. 86th Street North

Owasso, OK 74055

918-272-1867

PLEASE EMAIL ROSTERS TO: JrH Registration is on www.endurouso.com.

If you have any trouble setting up an enduro account please email Kevin McWaters at: kevin@endurouso.com

High School Registration - Email the names for each relay team to Philip West. For example: Owasso Boys 1, Owasso Boys 2, Owasso Girls 1, Owasso Girls 2 etc. Just the team names will show up in the results at the meet. If you have an incomplete team they can still run but the time will not show up in the results. Individual leg times will be available after the meet on OHSTRACK.

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

(Rosters due by 5:00 pm Tuesday, August 28th)

WATER: Coaches, please bring water for your athletes! 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. Please make sure your athletes (and coaches) are hydrated before coming to the race!

EMERGENCIES: School trainers will be onsite and Tulsa First Responders on call in case of any emergencies.

PARKING: Buses can drop off runners at the start/finish line and park along Choctaw Dr as long as there is room. There will be workers directing bus parking. 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 needed.



PARK ENTRANCE: E 36th St. North (N. Port Road). Just North of the Tulsa Airport.

If you have questions please contact Coach Collins @ blake.collins@owassops.org or
Call @ (918) 698-9481