

Frontier Valley Conference Cross Country Meet 2019



DATE: Thursday, October 10th, 2019

PLACE: Mohawk Polo Fields - Mohawk Park Tulsa 5701 E 36th St N, Tulsa OK 74117

STARTING TIMES:

3:45 Coaches Meeting

4:00 Girls Varsity (5K) (7 runners)

4:30 Boys Varsity (5k) (7 runners)

5:00 Girls Jr Varsity (5K) (Unlimited)

5:30 Boys Jr Varsity (5K) (Unlimited)

6:00 Girls Junior High (2 mile) (Unlimited)

6:30 Boys Junior High (2 mile) (Unlimited)

TEAM AWARDS: 1st place plaques for Varsity girls and boys and Junior High girls and boys.

INDIVIDUAL AWARDS: Medals for top 15 finishers in ALL races.

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

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ENTRIES:

All High School and Junior High team entries must be completed online at www.runendurousa.com.

If you have any questions contact: Kevin Mcwatters @ kevin@runenduro.com (405) 641-6006

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.

BUS PARKING: Please drop your runners off at the Start area then pull your bus up to the circle drive on the north west side of the course. We will park buses nose to tail around the circle drive. If the circle drive fills up we will start parking buses along Choctaw Dr, nose to tail, beginning on the north side of the course.

SPECTATOR PARKING: Spectators will park in the grass area south of the course, in the parking lot next to the playground, or the Zoo parking lot. There will be NO spectator parking next to the course.

ADMISSION FEE: There will be a \$5 admission fee per person (Kindergarten and older)

Please email or call Coach Collins with any questions: blake.collins@owassops.org

(918) 698-9481



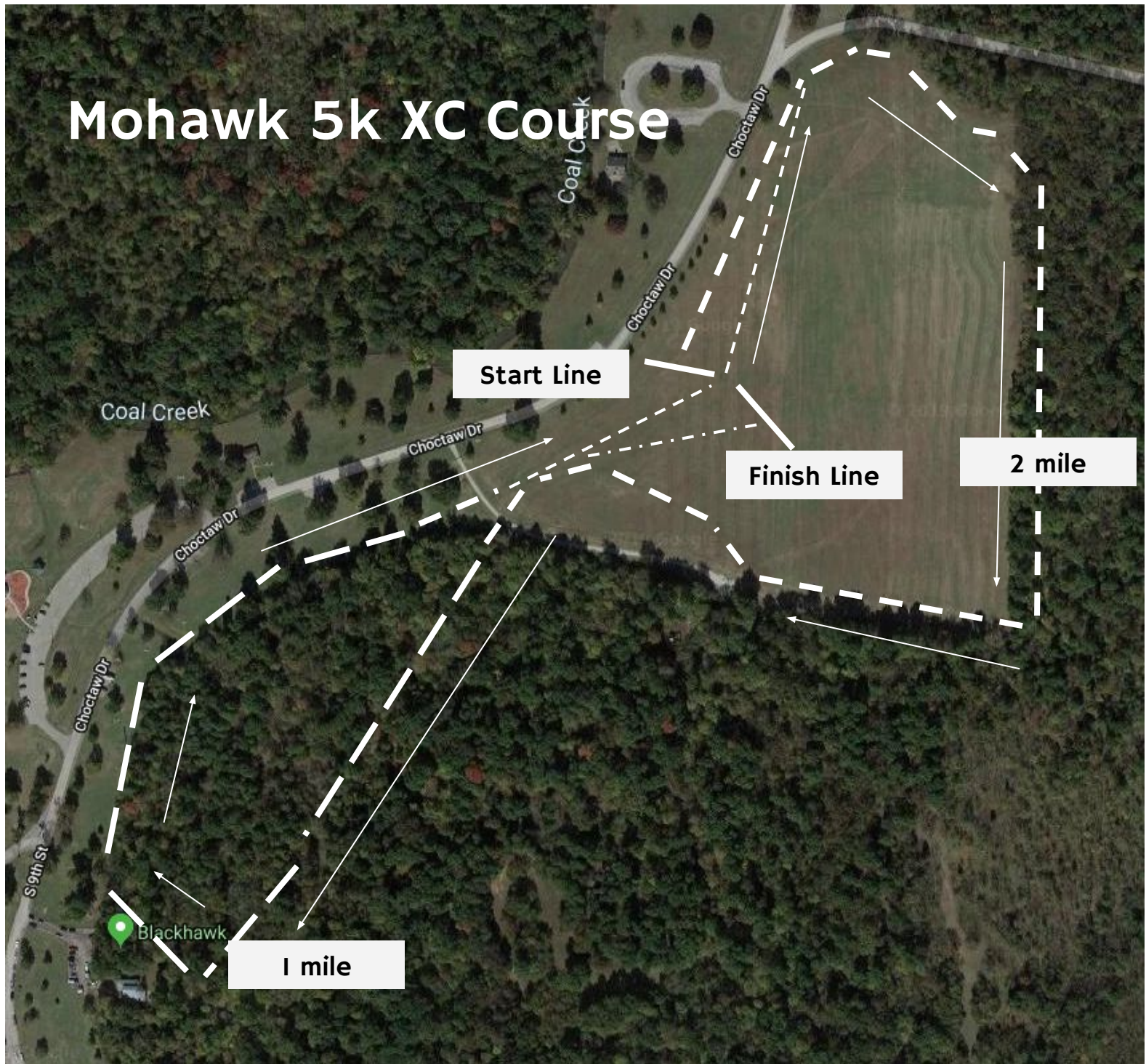
Mohawk 2 mile XC Course



The 2 mile course is two laps around the Polo Fields

2 mile Course Map

Mohawk 5k XC Course



5k course is around the Polo Field, through the east woods, back through the Polo Field, into the woods south of the Polo Fields, and past the finish line for two laps.

5k Course Map