



High School and Junior High XC Invitational

DATE: Thursday, September 26th 2019

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

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 Small School Varsity Girls (2 mile)

6:00 Small School Girls JV (2 mile)

6:30 Girls Junior High (2 mile)

7:00 Boys Junior High (2 mile)

TEAM AWARDS: 1st and 2nd 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. 86th Street North

Owasso, OK 74055

918-272-1867

ENTRIES:

All team entries must be completed online at www.runendurousa.com. Middle Schools will be entered through Enduro as well.

If you have any questions contact:

Kevin Mcwatters @ 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

(918) 698-9481

