

# Frontier Valley Conference Cross Country Meet 2020



**DATE:** Tuesday, October 13th, 2020

**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:** 1<sup>st</sup> 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](http://www.runendurousa.com).

**If you have any questions contact:** Kevin Mcwatters @ [kevin@runenduro.com](mailto: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](mailto:blake.collins@owassops.org)

(918) 698-9481



# **Frontier Valley Conference Event Plan**

**October 13th, 2020**

**Mohawk Park, Tulsa OK**

## **Schedule:**

**3:30 am - HS Coaches meeting**

**4:00 pm - Girls Varsity Race (Seven runner limit)**

**4:30 pm - Boys Varsity Race (Seven runner limit)**

**5:00 pm - Girls JV Race (Unlimited entries/Wave Starts if Necessary)**

**5:30 pm - Boys JV Race (Unlimited entries/Wave Starts if Necessary)**

**6:00 pm - Girls JH Race (Unlimited entries/Wave Starts if Necessary)**

**6:30 pm - Boys JH Race (Unlimited entries/Wave Starts if Necessary)**

## **COVID Guidelines**

- 1. Races will be divided by Junior High/High School.**
- 2. Runners from each school will line up in a designated starting box of their choice. Each team may use only ONE starting box.**
- 3. We will use a WAVE START for the JH races and for the JV races, depending on the number of entries. Runners will be divided by BIB NUMBER and start in 2 minute intervals. We will have 100 runners per wave.**
- 4. All teams must remain together in their own camp area until 15 minutes before the start of their race. No runners will be allowed on the Start Line before that time.**
- 5. There will be disinfection stations at the end of the finish chute where athletes can clean their hands.**
- 6. Upon completion of the race, runners must immediately report back to their team camp area.**
- 7. Masks should be worn at all times unless you are actively participating in a race. Masks will be required on the Start line until just before the start of the race.**
- 8. There will be NO spectators allowed near the Start/Finish area or on the race course. Spectators will be required to stand behind the metal gates around the perimeter of the park. Any spectators refusing to stay back will be asked to leave the event.**
- 9. If a runner or coach is showing signs of Covid-19 related symptoms at the meet they will be asked to isolate themselves and return home as soon as possible.**
- 10. Anyone attending the meet should self-screen, including taking their temperature, before arriving at the park. Attendees are asked to stay home if they are feeling ill, have a high temperature, or have been exposed to the Covid virus.**
- 11. If an emergency arises at the meet, school athletic trainers will be onsite. If an ambulance is needed, emergency personnel will be notified if there are Covid-19 related issues.**
- 12. Please no pets at the meet.**

**Please contact Coach Collins with any questions: (918) 698-9481**



# Mohawk 2 mile XC Course

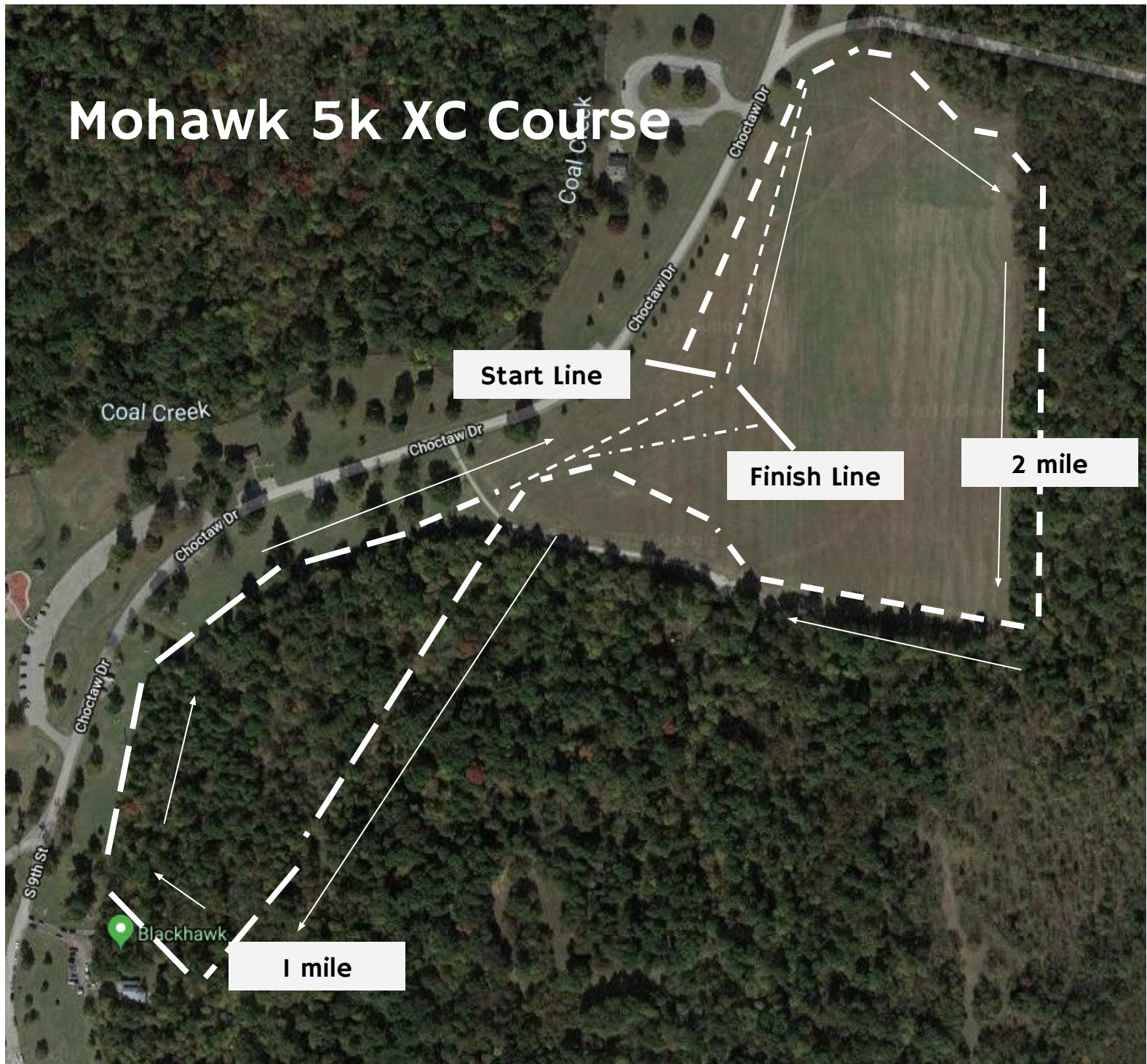


The 2 mile course is two laps around the Polo Fields

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