



## CROSS COUNTRY

# High School and Junior High XC Invitational

**DATE:** Thursday, October 1st 2020

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

**\*Due to COVID-19 there are several changes to the meet this year. No spectators will be allowed near the Start/Finish areas inside the Polo Field. There will be designated areas for spectators to watch the competitors. We will have boxes for each team with space allowed between each box. Please keep your teams spread out from other teams from your camp all the way to the start line. If necessary, for the JH races we are planning a "wave start" based on the number of teams entered. Teams will have separate starts in three minute intervals. We also made changes to the schedule to further spread out the number of people in the park at one time. Lastly, due to the extra races in the large school division, the Small School Girls 2 Mile race has been removed.\***

### STARTING TIMES:

8:30 am Coaches Meeting

9:00 am Varsity Girls 5k (10 runner limit)

9:45 am Varsity Boys 5k (10 runner limit)

10:30 am Junior Varsity One Girls 5k (10 runner limit)

11:15 am Junior Varsity One Boys 5k (10 runner limit)

12:00 pm Junior Varsity Two Girls 5k (unlimited)

12:45 pm Junior Varsity Two Boys 5k (Unlimited)

4:30 pm Junior High Coaches Meeting

5:00 pm Junior High Girls 1.5 mile race (unlimited)

5:30 pm Junior High Boys 1.5 mile race (unlimited)

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**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 near the start line.

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

\$10 Per Individual runner if under 5 runners. No Club Teams or Club Individuals please.

**PLEASE SEND ENTRY FEES TO:** Owasso Athletic Department

12901 E. 86<sup>th</sup> Street North

Owasso, OK 74055

918-272-1867

**ENTRIES: DUE ON TUESDAY, SEPTEMBER 29th at 6:00pm**

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.

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**Bus Parking:** Busses can let off athletes past the cones at the Start/Finish area then pull forward to the loop on the north west side of the course. Turn your bus around there and come back facing south. We will park nose to tail from there going back to the loop. Once the west side of the road fills up we will have busses go to the far north side of the course, park on the east side of the road, nose to tail, back to the Start/Finish area.

**Spectator Parking:** Spectators can park in the grass, off the road, up to the entrance to Polo Fields. There is a huge parking lot at the zoo that can be utilized if needed. We will have a limited number of handicapped parking spots near the Start/Finish line.

Please email or call Coach Collins with any questions:

[blake.collins@owassops.org](mailto:blake.collins@owassops.org)

(918) 698-9481

