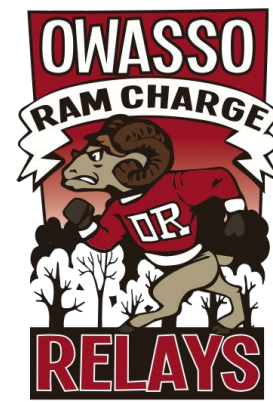




CROSS COUNTRY



DATE: Thursday, August 27th, 2020

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 race.

Due to COVID-19 there are several changes to the meet this year. First and foremost there will be NO SPECTATORS allowed at this year's meet. We will have assigned 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. For the JH races we are planning a "wave start." 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.

UPDATED STARTING TIMES: 9:30 HS Coaches Meeting

10:00 High School Girls Relay Race

11:30 High School Boys Relay Race

3:30 JH Coaches Meeting

4:00 Girls Junior High Traditional Race (1.5 mile)

5:00 Boys Junior High Traditional Race (1.5 mile)

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

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

RESTROOMS AND DRESSING: Park bathrooms and portable bathrooms available.

ENTRIES: \$50 per relay team (\$100 for unlimited girls relays, \$100 for unlimited boys relays). \$50 per JH team. \$10 for any individual runners. (Please only runners from OSSAA schools. No Club runners).

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

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: Busses can drop off runners at the start/finish line and park along Choctaw Dr. There will be workers directing bus parking. We will have ropes and cones blocking Choctaw Dr near the course.

SPECTATORS: In an effort to eliminate large crowds due to the COVID-19 pandemic, there will be NO SPECTATORS allowed at this year's meet.



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