



OSSAA CROSS COUNTRY 5A/6A EAST REGIONAL

DATE: Saturday, October 23rd 2021

PLACE: Mohawk Sports Complex
3500 E 56th Street North
Tulsa, OK 74117

STARTING TIMES:

9:30 6A Coaches Meeting at the finish line
10:00 6A Girls Varsity (5k)
10:45 6A Boys Varsity (5k)
11:30 5A Coaches Meeting at the finish line
12:00 5A Girls Varsity (5K)
12:45 5A Boys Varsity (5K)

ENTRIES: All team entries must be completed online at www.runenduroentries.com

ENTRIES ARE DUE BY THURSDAY, OCTOBER 21st at 5:00pm. NO EXCEPTIONS!

Entry Procedure: All entries must be completed online at: www.endurousa.com If you do not already have an account, you will need to visit "ENDURO USA" - - - (www.endurousa.com). After you set up your account, email Kevin McWatters (kevin@runenduro.com). In your email, list your school, the roster(s) you need (boys and/or girls), and the name of the previous coach. Please do not wait until the last minute to contact Kevin. Also remember to submit your online entry form on OSSAArankings.com before Oct 12th.

All NFHS uniform and code of conduct rules will be enforced at the meet.

RESTROOMS AND DRESSING: Portable bathrooms available.

WATER: Water bottles will be provided for each runner at the finish line.

EMERGENCIES: School trainers will be onsite in case of emergencies.

PACKET PICK UP: Coaches, please pick up packets at the finish line after arriving at the meet.

BOX ASSIGNMENTS: We will have box assignments for the Regional meet. This will hopefully alleviate the stress of having to hold a spot on the line and will help give everyone have a fair start. Box assignments are listed below.

PARKING: Park entrance will be off 56th st. North closest to the highway 75. Tickets will be taken at the park entrance. Spectator parking will be in the parking lot south of the start/finish area. Overflow parking will be on the east and west side of the Sports complex if needed. Disabled parking will be in the parking lot closest to the start/finish area.

Busses and spectators will exit the Sports Complex from the easternmost exit. You will not be allowed to drive back to the entrance closest to highway 75. It will be one way traffic only to prevent gridlock.

6A buses will park in the parking lot to southwest of the start/finish area. We will line you up in the center of the lot so it will be easy to unload your kids and exit after your races are over. 5A buses can drop south of the start/finish area then park in the lot on the east side of the course.

Please refer to the map on the next page.

COST: Cost for Regionals is \$7 for spectators (per person). There will be a pay table set up at the park entrance. Playoff passes will be accepted.

2021 CROSS COUNTRY STATE TOURNAMENT PROGRAMS:

The 2021 State tournament program information should include a 300 dpi picture and a roster of your team or individual qualifier. Please email that to programs@vype.com There is no charge to be included in the program. Please submit your program picture upon qualification. The sooner the better.

ACADEMIC ACHIEVEMENT AWARD APPLICATION:

The Academic Achievement Award application must be postmarked or faxed no later than October 26th for classes 5A-6A. You will find the application on the OSSAA website under the sports tab and then cross country.

STATE ENTRIES: All qualifiers need to be entered on www.runenduroentries.com by Monday, October 25th.

If you have any questions please call or email Coach Collins
918-698-9481 blake.collins@owassops.org

PARKING MAP:



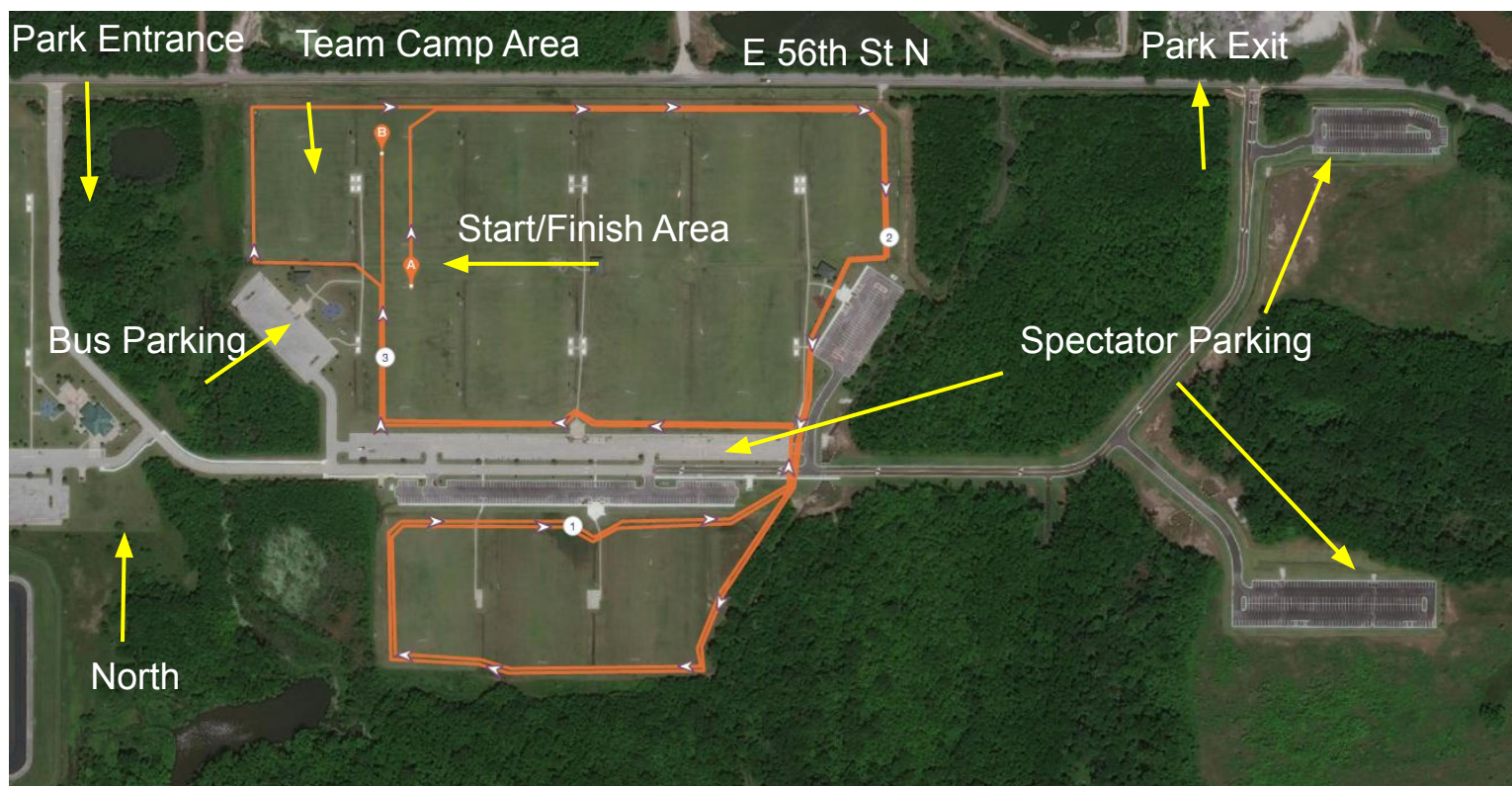
5A Box Assignments

5A Girls		5A Boys	
Memorial	Box 1	Memorial	Box 1
Grove	Box 2	Grove	Box 2
Glenpool	Box 3	Glenpool	Box 3
Ada	Box 4	Ada	Box 4
Durant	Box 5	Stillwell	Box 5
Collinsville	Box 6	Collinsville	Box 6
McGuinness	Box 7	McGuinness	Box 7
Stilwell	Box 8	Edison	Box 8
Guthrie	Box 9	Guthrie	Box 9
Bishop Kelley	Box 10	Bishop Kelley	Box 10
Coweta	Box 11	Sapulpa	Box 11
Edison	Box 12	Coweta	Box 12
Sapulpa	Box 13	Durant	Box 13
Pryor	Box 14	Pryor	Box 14
Claremore	Box 15	Claremore	Box 15
East Central	Box 16	East Central	Box 16
Nathan Hale	Box 17	Nathan Hale	Box 17
McAlester	Box 18	McAlester	Box 18
Will Rogers	Box 19	Will Rogers	Box 19

6A Box Assignments

6A Girls		6A Boys	
	Box 1		Box 1
Sand Springs	Box 2	Jenks	Box 2
Muskogee	Box 3	Muskogee	Box 3
BTW	Box 4	BTW	Box 4
Bixby	Box 5	Bixby	Box 5
Bartlesville	Box 6	Norman North	Box 6
Broken Arrow	Box 7	Choctaw	Box 7
Norman North	Box 8	Stillwater	Box 8
Owasso	Box 9	Owasso	Box 9
Jenks	Box 10	Westmoore	Box 10
Tahlequah	Box 11	Broken Arrow	Box 11
Choctaw	Box 12	Tahlequah	Box 12
Stillwater	Box 13	Union	Box 13
Westmoore	Box 14	Bartlesville	Box 14
Union	Box 15	Sand Springs	Box 15
Enid	Box 16	Enid	Box 16
Ponca City	Box 17	Ponca City	Box 17
	Box 18		Box 18
	Box 19		Box 19

MOHAWK SPORTS COMPLEX 5K COURSE MAP:



5k course is two laps around the east side of the Sports Complex. From the Start line go east to the tree line then turn right to the southern edge of the complex. Runners will make a lap around the south fields before coming back to the north side of the complex. Once back to the pavilion by the team camps and bus parking, runners will turn left again and go around the westernmost field before coming back through the start line. The second lap is the same as the first with runners coming straight into the finish line just south of the starting area.

<https://www.plotaroute.com/route/I72503I?units=miles>