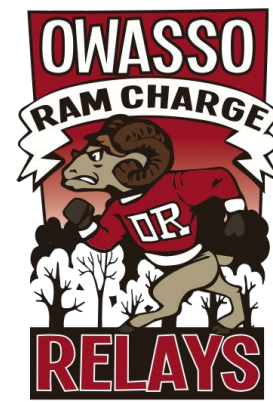




CROSS COUNTRY



DATE: Friday, August 27th, 2021

PLACE: Mohawk Park Polo Fields, 5701 East 36th St. North, Tulsa, OK

Cross Country Relay format! The relay 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.

UPDATED STARTING TIMES: 9:30 HS Coaches Meeting

10:00 High School Girls Relay Race

11:30 High School Boys Relay Race

4:30 JH Coaches Meeting

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

5:45 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 individual runners. (Please only runners from OSSAA schools. No Club teams or Club individuals).

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. Entry deadline is Thursday, August 26th at 5:00. NO EXCEPTIONS! Entries made after the deadline will NOT be accepted.

If you have any questions contact: Kevin Mcwatters @ kevin@runenduro.com (405) 641-6006

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.

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 in case of any emergencies.

PARKING: Buses 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.

SPECTATOR PARKING: Spectators can park in the grass southwest of the course.



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