



CROSS COUNTRY

High School & Junior High XC Invitational

DATE: Friday, September 17th, 2021

PLACE: MOHAWK SPORTS COMPLEX - 3500 E 56TH ST N, Tulsa OK 74117

THE SPORTS COMPLEX IS LOCATED ON 56TH STREET NEXT TO HIGHWAY 75. THIS IS A DIFFERENT LOCATION THAN MOHAWK PARK. THIS WILL BE THE SITE OF THE 5A/6A EAST REGIONAL MEET.

STARTING TIMES:

8:30 am Coaches Meeting

9:00 am Varsity Girls 5k (7 runner limit)

9:45 am Varsity Boys 5k (7 runner limit)

10:30 am Junior Varsity Girls 5k (unlimited entries)

11:15 am Junior Varsity Boys 5k (unlimited entries)

4:30 pm Junior High Coaches Meeting

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

5:45 pm Junior High Boys 1.5 mile race (unlimited)

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TEAM AWARDS: 1st and 2nd 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.

CONCESSIONS: Concessions will be available 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. 86th Street North

Owasso, OK 74055

918-272-1867

REGISTRATION: DEADLINE IS THURSDAY, SEPTEMBER 17th at 5:00pm. Entries after the deadline will NOT be allowed...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.

If you have any questions contact:

Kevin Mcwatters @ 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: All traffic will enter the complex at the main entrance on the west side of the park, closest to highway 75. All traffic will exit the park on the east side of the complex. Buses will park in the parking lot to the southwest of the Start/Finish area. We will have volunteers to help direct parking and spectator traffic.

Spectator Parking: Spectators parking is available in five different parking lots around the complex. We will reserve parking spots near the Start/Finish area for handicapped spectators.

Please email or call Coach Collins with any questions:

blake.collins@owassops.org

(918) 698-9481

