

**DATE:** Thursday, August 25th, 2022

**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:** 3:30 HS Coaches Meeting

4:00 High School Girls Relay Race

5:00 High School Boys Relay Race

6:00 Girls Junior High Traditional Race (1.5 mile)

6:45 Boys Junior High Traditional Race (1.5 mile)

**SCHOOL AWARDS:** 1<sup>st</sup> and 2<sup>nd</sup> 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. 86<sup>th</sup> Street North

Owasso, OK 74055

918-272-1867

**ENTRIES:** All team entries must be completed online at [www.runendurousa.com](http://www.runendurousa.com). Middle Schools will be entered through Enduro as well. Entry deadline is Wednesday, August 24th 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](mailto:kevin@runenduro.com) (405) 641-6006

If you do not already have an account, you will need to visit "ENDURO USA" - - - ([www.endurousa.com](http://www.endurousa.com)). After you set up your account, email Kevin McWatters ([kevin@runenduro.com](mailto: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:** 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.

**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](mailto:blake.collins@owassops.org) or  
Call (918) 698-9481

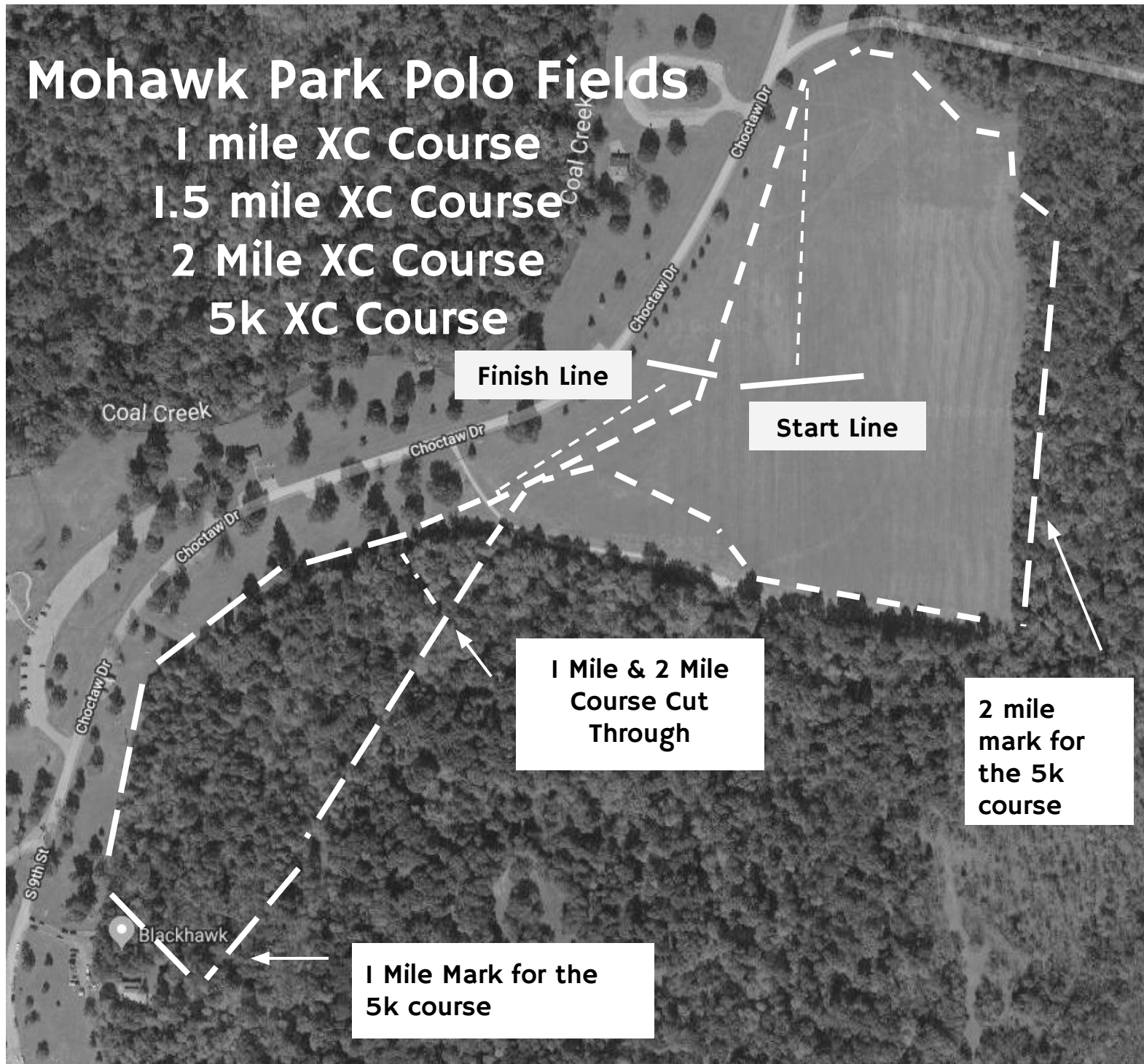
# Mohawk Park Polo Fields

1 mile XC Course

1.5 mile XC Course

2 Mile XC Course

5k XC Course



1 mile course is one full lap around the Polo Field, the cut through in the south woods and back to the finish line

1.5 mile course is one full lap around the Polo Field, south into the woods, then back to finish line on the Polo Field.

2 mile course is around the Polo Field, the short loop in the south woods, back to the Polo Field, and past the finish for two laps.

5k course is around the Polo Field, south into the woods, back to the Polo Field, and past the finish line for two laps.