



CROSS COUNTRY

High School & Junior High XC Invitational

DATE: Friday, September 30th, 2021

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

STARTING TIMES:

- 9:00 am Coaches Meeting
- 9:30 am Varsity Girls 5k (7 runner limit)
- 10:15 am Varsity Boys 5k (7 runner limit)
- 11:00 am Junior Varsity Girls 5k (unlimited entries)
- 11:45 am Junior Varsity Boys 5k (unlimited entries)
- 12:30 pm Junior High Coaches Meeting
- 1:00 pm Junior High Girls 1.5 mile race (unlimited)
- 1:45 pm Junior High Boys 1.5 mile race (unlimited)

TEAM AWARDS: 1st and 2nd place custom plaques for Varsity girls and boys and Junior High girls and boys.

INDIVIDUAL AWARDS: Custom medals for top 20 finishers in **ALL** races, JV included.

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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 29th 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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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.

Please email or call Coach Collins with any questions:

blake.collins@owassops.org

(918) 698-9481



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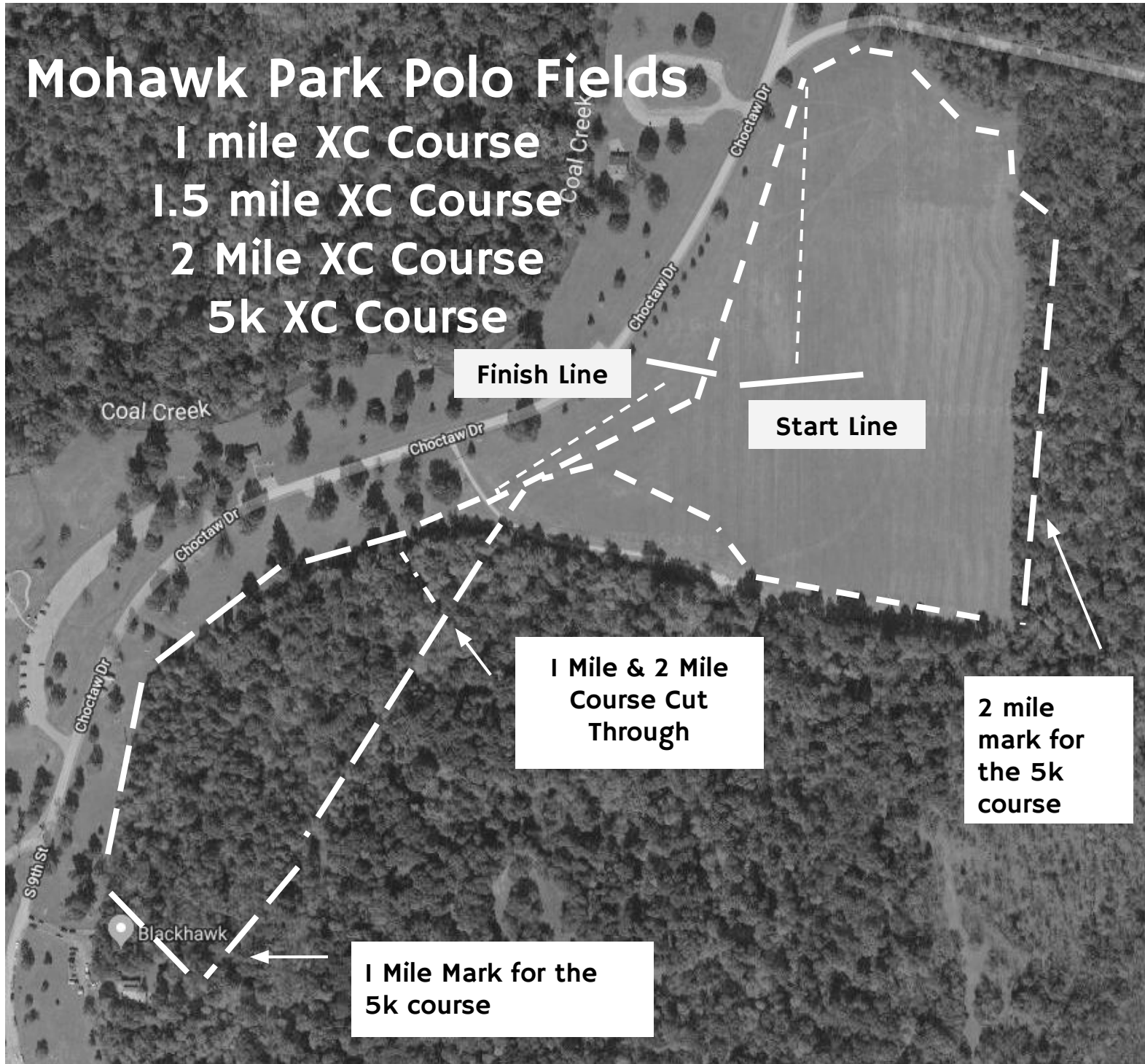
Mohawk Park Polo Fields

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.