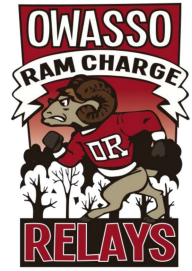


OWASSO

CROSS COUNTRY



DATE: Friday August 25th, 2023

PLACE: **VENUE CHANGE - Due to the tree damage at Mohawk Park from the recent storms we will be moving our meet to O'Brien Park in Tulsa. The address is 6149 N Lewis Ave, Tulsa, OK 74130. This will be the same course as the OSSAA East Regional meet later this fall.**

Cross Country Relay format! The 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.

STARTING TIMES: DUE TO EXTREME HEAT FORECASTED NEXT WEEK WE ARE MOVING THE MEET TO THE MORNING. START TIMES HAVE CHANGED.

8:30 HS Coaches Meeting

9:00 High School Girls Relay Race (Clock will stop at 60:00 minutes)

10:15 High School Boys Relay Race (Clock will stop at 60:00 minutes)

11:30 Girls Junior High Traditional Race (1.5 mile)

12:00 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 individuals in JH races.

RESTROOMS AND DRESSING: Park bathrooms and portable bathrooms available.

ENTRIES: \$60 per relay team (\$120 for unlimited girls relays, \$120 for unlimited boys relays). \$60 per JH team. \$10 for individual runners. (Please only runners from accredited schools. No Club teams or Club individuals). If you have individual runners not on a relay team they can run in the first leg to receive a time.

PLEASE SEND ENTRY FEES TO: Owasso Athletic Department

12901 E. 86th Street North

Owasso, OK 74055

918-272-1867

ON-LINE ENTRIES:

Entries will be online through Black Squirrel Timing. Here is the entry link:

<https://www.vbmeets.com/33247>

Detailed instructions on how to create an account and enter your athletes can be found here:

https://docs.google.com/document/d/1DeekWiRRoLizX_g7RYd8cos17XJtCCZc/edit

If you have any questions please contact Brian Kujath: brian@blacksquirreltiming.com

WATER: Coaches, please bring water for your athletes! Bottled water will be provided for each runner at the finish line but we don't have enough water 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 will enter the park off of Lewis Ave. We will line buses up nose to tail starting west of the athletic center/splash pad. Buses will leave the park to the north on 66th st.

SPECTATOR PARKING: Spectators will enter off of 66th st and park on the east side of the park. Please DO NOT park on the road. Handicap parking will be off of Lewis Ave at the Clubhouse.



If you have questions please contact Coach Collins @ blake.collins@owassops.org or Call (918) 698-9481

O'Brien Park XC Course



1.5 mile course will start at the tee box and run the perimeter of the park. The exchange zone will be between the start/finish area.