



CROSS COUNTRY

High School & Junior High XC Invitational

DATE: Thursday, September 28th, 2023

PLACE: VENUE CHANGE: Due to the lingering tree damage at Mohawk Park the meet will be moved to O'Brien Park at 6149 N Lewis Ave, Tulsa, OK 74130. We will run the same course at the OSSAA East Regional Meet.

STARTING TIMES:

3:30 - 3:50 pm - Any coaches questions please come to the timing tent.

4:00 pm - Junior High Girls 1.5 mile race (unlimited entries)

4:25 pm - Junior High Boys 1.5 mile race (unlimited entries)

4:50 pm - Junior Varsity Girls 5k (unlimited entries)

5:30 pm - Varsity Girls 5k (7 runner limit)

6:00 pm - Junior Varsity Boys 5k (unlimited entries)

6:30 pm - Varsity Boys 5k (7 runner limit)

TEAM AWARDS: 1st and 2nd place 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).

\$15 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 WEDNESDAY SEPTEMBER 27th at 12:00 pm. Entries after the deadline will NOT be allowed...NO EXCEPTIONS.

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website:

www.endurousa.com. - - - **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** - - - **ONLINE**

ENTRIES DEADLINE: the day before the meet @ 12:00 pm. Complete ALL of the steps on the "Entries Window". Make sure to "VERIFY". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to: cara@runenduro.com.

COURSE: The course is very flat, fast, and spectator friendly. Runners will pass spectators **8** times.

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: Buses will drop off of Lewis Ave then enter the park off of 66th st. We will line buses up nose to tail starting south clubhouse. Buses will leave the park to Lewis Ave. Buses can pick up runners west of the team off of Lewis if they would like to.

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 5k XC Course



5k course will start at the tee box and run the perimeter of the park two times.