



Date..... Thursday, September 5, 2024

Location..... Mohawk Sports Complex, 3500 E 56th St N, Tulsa, OK 74117

Entry Information..... Any school wishing to enter the meet must email RSU Head Coach Matt Kennedy at mkennedy@rsu.edu before August 22, 2024. Reservations are available until the meet is filled with 15 schools per division.

Entries are due by September 3 at 5:00 PM. Must be entered through Direct Athletics.
20-runner limit per team. Link: <https://www.directathletics.com/meets/xc/23855.html>

Course Information..... The looped course is entirely grass, with one sidewalk crossing covered with artificial turf. There is almost zero elevation change and all the turns are wide.

Race Schedule..... 7:45 PM / Open Girl's 2-mile (20 runner limit)
8:15 PM / Open Boy's 5000m (20 runner limit)
8:50 PM / 5A-6A Girl's 5000m (20 runner limit)
9:25 PM / 5A-6A Boy's 5000m (20 runner limit)
10:00 PM / College Women's 5000m
10:30 PM / College Men's 4-mile

Teams.....

**as of 7/25*

OPEN DIVISION (girls 2-mile, boys 5000m)

1. Cascia Hall
2. Christian Heritage Academy
3. Cleveland
4. Grove
5. Kiefer
6. Mannford
7. Metro Christian
8. Mingo Valley Christian
9. Prague
10. Prue
11. Regent Prep
12. Rejoice Christian
13. Seminole
14. Sequoyah-Claremore
15. Tulsa-NOAH
16. Verdigris
17. Wyandotte

5A-6A DIVISION (girls & boys 5000m)

1. Bartlesville
2. Bishop Kelley
3. Booker T Washington
4. Broken Arrow
5. Claremore
6. Collinsville
7. Coweta
8. Edison Prep
9. Glenpool
10. Jenks
11. Lincoln Christian
12. Owasso
13. Piedmont
14. Pryor
15. Sapulpa
16. Tahlequah
17. Union

Entry Fee..... \$100 per team or \$200 for both girls & boys with a 20-runner limit per team. A team is considered five or more athletes. If fewer than five, pay \$20 per athlete. Cash or checks accepted at packet pick-up, or mail checks to:

Make checks payable to the "RSU Foundation"
Rogers State University Foundation
Attn: Matt Kennedy
1701 W Will Rogers Blvd
Claremore, OK 74017

Live & Final Results..... <https://www.blacksquirreltiming.com/>

Packet Pick-Up..... Packets should be picked up immediately upon arrival at the check-in tent near the finish line. All scratches must be made at this time. Coaches' gifts and student-athletes' bag tags will also be distributed at check-in.

- Timing & Bibs..... Race bibs should be worn on the front of the athlete's jersey. Please do not bend the timing strip. The bib tags are disposable and do not need to be returned.
- Awards..... **Trophy to the winning team.**
Individual awards will be given to the top 25 finishers in each race.
 There is no awards ceremony. Awards should be signed for and picked up at the awards tent by the athletes after the results are made available. Coaches may pick up team awards after the results are final.
- Parking..... **Team Parking:** Parking will be available inside the complex close to the course. Please see the maps in the General Information section on the Meet Information page for parking & traffic flow ([link](#)).
- Spectator Parking:** Parking will be available just south of the finish line and other lots inside the complex as needed. Please see the maps in the General Information section on the Meet Information page for parking & traffic flow ([link](#)).
- Parking Admission..... **\$5.00 parking** for spectator lots near the course. Cash or cards are accepted upon entry (\$). Free parking is available in the lots further from the course. Please see the maps in the General Information section on the Meet Information page for parking & traffic flow ([link](#)).
- Facility Rules..... Parking is allowed in designated areas only. No parking on the grass.
 Glass containers and pets are not permitted at Mohawk Sports Complex.
- 2023 Articles..... Rogers State University Hosts Thrilling Nighttime XC Meet ([link](#))
 RSU shines at Distance After Dark Cross Country Meet ([link](#))
 2023 Results ([link](#))



MileSplit Oklahoma and Oklahoma Running Company will be on-site for event coverage and promotion. Top performers and winning team head coaches should be prepared for post-race interviews.

- 2-Mile Map..... **Two Laps**



- 5000m & 4-Mile Map..... **Three & Four Laps**

