



CROSS COUNTRY

High School, Junior High, & Elementary XC Invitational

DATE: Saturday, September 27th

PLACE: O'Brien Park, 6149 N Lewis Ave, Tulsa OK 74130

STARTING TIMES:

8:30 am - Coaches Meeting

9:00 am - Varsity Girls 5k (7 Runner Limit)

9:30 am - Varsity Boys 5k (7 Runner Limit)

10:00 am - Junior Varsity Girls 5k (unlimited entries/clock will stop at 35 minutes)

10:40 am - Junior Varsity Boys 5k (unlimited entries/clock will stop at 30 minutes)

11:15 pm - Junior High Girls Varsity - 1.5 Mile (7 runner limit/clock will stop a 25 min)

11:45 pm - Junior High Boys Varsity - 1.5 Mile (7 runner limit/clock will stop at 25 min)

12:15 pm - Junior High Girls JV - 1.5 Mile (unlimited entries/clock will stop at 25 min)

12:40 pm - Junior High Boys JV - 1.5 Mile (unlimited entries/clock will stop at 25 min)

1:10 pm - 5th & 6th Girls 1 Mile (unlimited entries/clock will stop at 25 minutes)

1:40 pm - 5th & 6th Boys 1 Mile (unlimited entries/clock will stop at 25 minutes)

TEAM AWARDS: 1st and 2nd place custom plaques for **Varsity** girls and boys and **Junior High** girls and boys. No team scores for the Elementary races.

INDIVIDUAL AWARDS: Custom medals for top 20 finishers in **ALL** races... JV and Elementary 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: \$100 Varsity Girls, \$100 Varsity Boys, \$75 JH Girls, \$75 JH Boys, \$50 for Elementary Girls, \$50 for Elementary Boys, \$10 Per individual runner if under 5 runners. JV is free with Varsity entry. Only accredited OSSAA schools. No Club teams or Club individuals please.

VISITOR ENTRY FEE: \$5. Cash or Card at the gate

PLEASE SEND ENTRY FEES TO:

Owasso Athletic Department
12901 E. 86th Street North
Owasso, OK 74055
918-272-1867

REGISTRATION: DEADLINE IS THURSDAY, SEPTEMBER 25th at 5:00pm. Entries after the deadline will NOT be allowed...NO EXCEPTIONS.

ON-LINE ENTRIES: Online entries will be on MileSplit:

<https://ok.milesplit.com/meets/695724-owasso-xc-invitational-2025/online-registration>

Please email your questions to: josh@crossroadstiming.com **ALL athletes will receive a shoe chip in the packet. At the conclusion of the meet, coaches are responsible for collecting all chips from their athletes and returning them to the timing area in the same bag that they were provided. There will be a \$15 fee for each chip that is not returned.** HIGH SCHOOL and JUNIOR HIGH: You do NOT need to designate varsity or JV during registration. Enter all athletes who you plan to run.

COURSE: The course has rolling hills but is fast, and very and coach spectator friendly.

WATER: Bottled water will be provided for each runner at the finish 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: Park entrance for spectators will be off 66th st. North. We will have one way traffic to ease traffic jams. Spectators will exit off of Birmingham Ave to 61st on the south side of the park.

Please email or call Coach Collins with any questions:

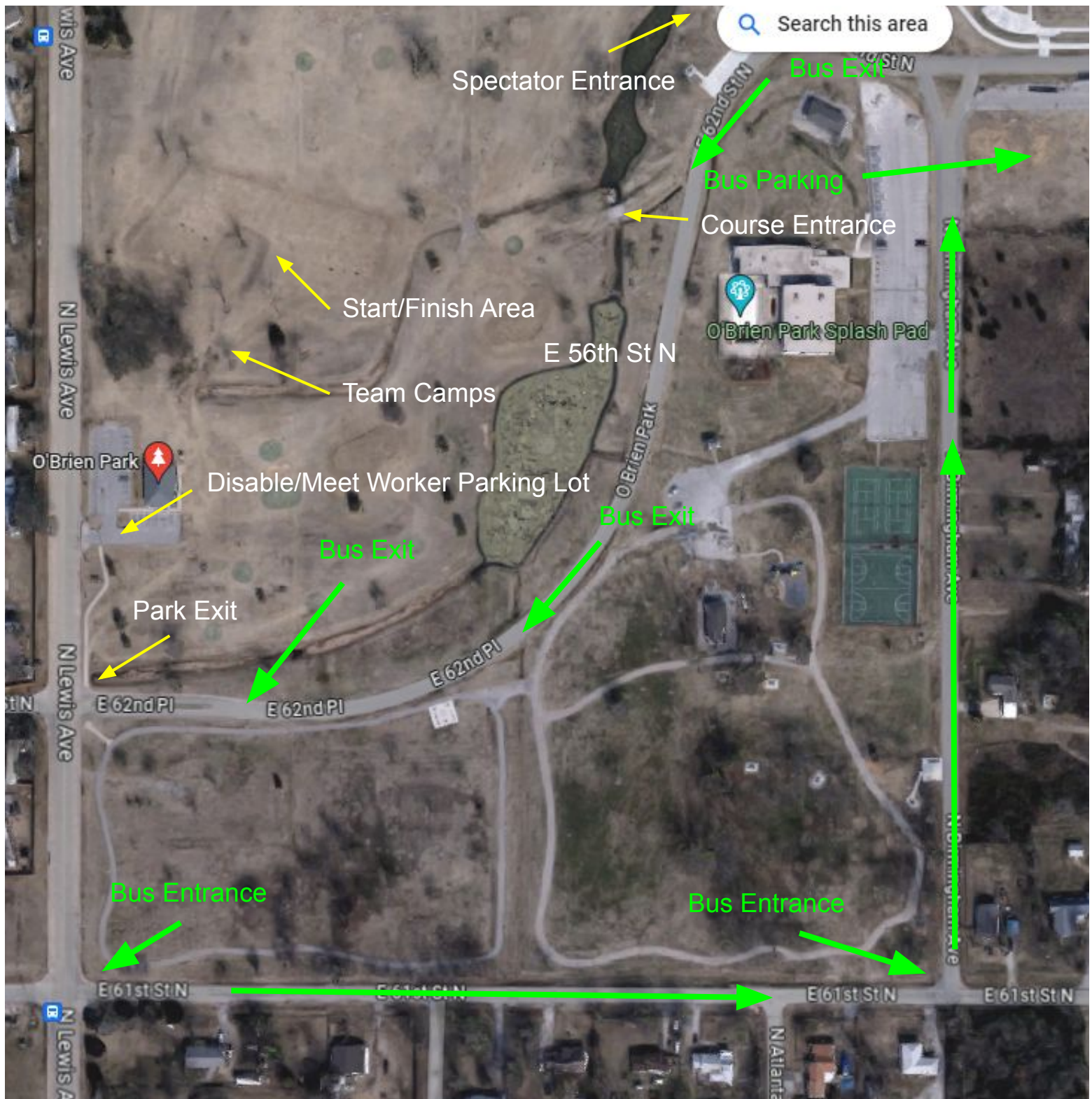
blake.collins@owassops.org

(918) 698-9481



BUS PARKING: Buses will enter the park from Lewis to 61st then to Birmingham Ave on the southeast side of O'Brien. Buses will park in the grass field to the north east of the Rec Center. Coaches and Athletes will enter the course via the bridge on the east side of the course. Team camps will be south of the Start/Finish area. Busses will exit the park via E 56th st to N Lewis Avenue.

BUS PARKING MAP:



O'BRIEN PARK 5K COURSE MAP

North

Course starts and finishes on the tee box north of the clubhouse. 5k is a two lap course. 1.5m is a one lap course.