OWASSO

CROSS COUNTRY

OWASSO RAM CHARGE RELAYS

DATE: Thursday, August 27th, 2026

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

Cross Country Relay format! The relay 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: **UPDATED SCHEDULE DUE TO EXTREME HEAT**

4:30 - HS Coaches Meeting

5:00 - Girls Junior High Traditional Race (1 mile)

5:20 - Boys Junior High Traditional Race (1 mile)

5:50 - High School Girls Relay Race (Clock will stop at 70:00 minutes)

7:00 - High School Boys Relay Race (Clock will stop at 60:00 minutes)

SCHOOL AWARDS: 1st and 2nd place plaques for Girls and Boys Relay Teams 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). $75 JH Girls, $75 JH Boys, $10 Per individual runners if under 4 runners. Only accredited OSSAA schools. 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

ON-LINE ENTRIES: Online entries will be on MileSplit:
https://ok.milesplit.com/meets/764327-owasso-ram-relays-2026

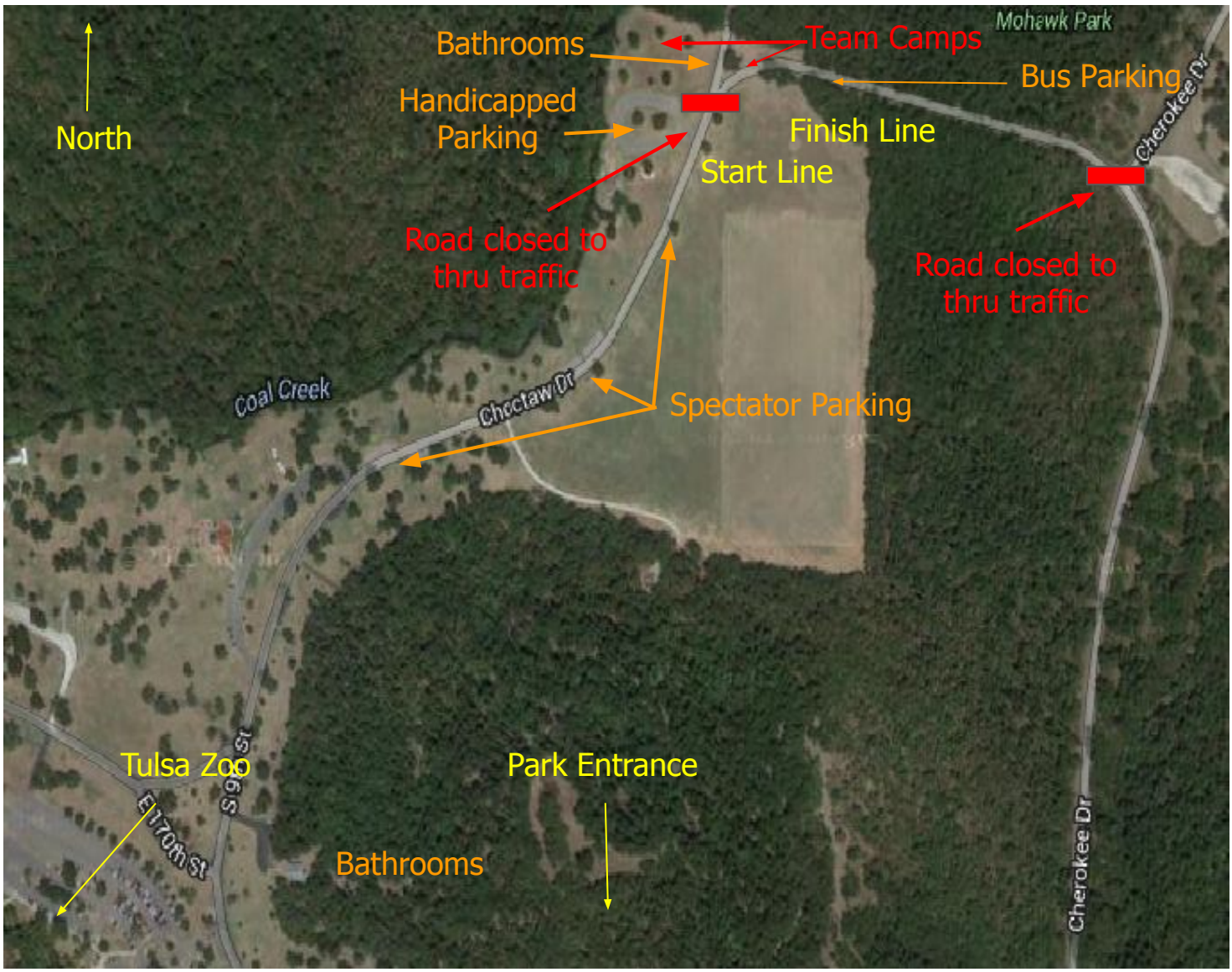
Deadline for registration is TUESDAY, August 25th @ 5:00pm, Please email your questions to: josh@crossroadstiming.com ALL athletes will receive a big with a chip to record their times.
HIGH SCHOOL: Each entered relay will receive 4 bibs with chips that will be used for each runner on the relay team. If you need to make changes to your relay team, please do so at the timing tent before the coaches meeting. Each runner will receive a time based on their bib. Coaches will need to know the order of their relay to match the bib time to their athlete. If you have individual runners not on a relay team they will run in the first leg of the race to receive an individual time.

WATER: Coaches, please bring water for your athletes! 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. 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.

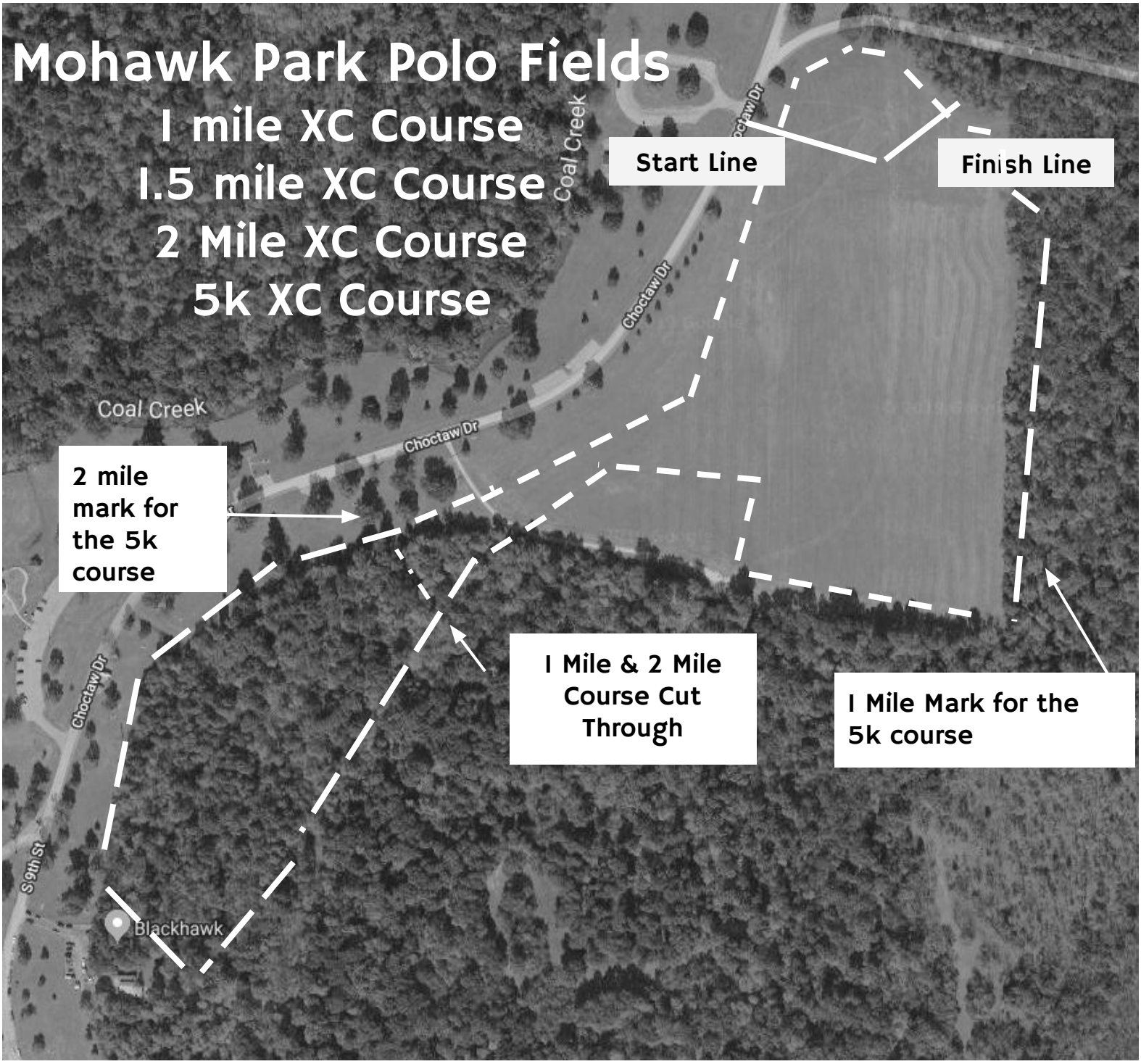
PARKING: Busses will park along Choctaw Dr. north of the start/finish area. There will be workers directing bus parking. We will have ropes and cones blocking Choctaw Dr near the course.

SPECTATOR PARKING: Spectators can park in the playground parking lot southwest of the course and along the EAST side of Choctaw drive. There will be no parking on the WEST side of Choctaw Drive. Handicapped parking will be in a reserved area near the start line.



PARK ENTRANCE: E 36th St. North (N. Port Road). Just North of the Tulsa Airport.

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



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 north through the woods to finish line on the Polo Field.

2 mile course is south on the Polo Field, the short loop in the south woods, back to the Polo Field, then north through the woods past the finish line for two laps.

5k course is south on the Polo Field, south into the woods, back north to the Polo Field, then north through the woods past the finish line for two laps.