

# Owasso Ram Charge Cross Country Meet

Date: Thursday, September 3<sup>rd</sup>

Place: Mohawk Soccer Complex, Highway 75 and 56 st. North

## Starting Times:

3:15 Coaches Meeting

3:30 Varsity Boys 5k

4:00 JV Boys 5k

4:30 Varsity Girls 5k

5:00 JV Girls 5k

\*5:30 Small School Varsity Girls 2 mile

\*5:50 Small School JV Girls 2 mile

6:15 Boys Junior High 1 mile

6:30 Girls Junior High 1 mile

\* We will run combined small school and large school if there are not enough small school entries to warrant a separate race. Final decision will be made at the coaches meeting. If the small school division is eliminated we will slow down the meet and wait for every runner to finish...if we do not eliminate the 2 mile we will do our best to stay on schedule even if there are still runners on the course from the previous race.

Restrooms and Dressing: Park bathrooms and portable bathrooms available.

Entries: \$60 Varsity Girls, \$60 Varsity Boys, \$50 JH Girls, \$50 JH Boys, \$10 Individuals, JV no cost if running a varsity team. (\$200 for all 4 divisions)

PLEASE SEND ENTRY FEES TO: Owasso Athletic Department  
12901 E. 86<sup>th</sup> St. North  
Owasso, OK 74055

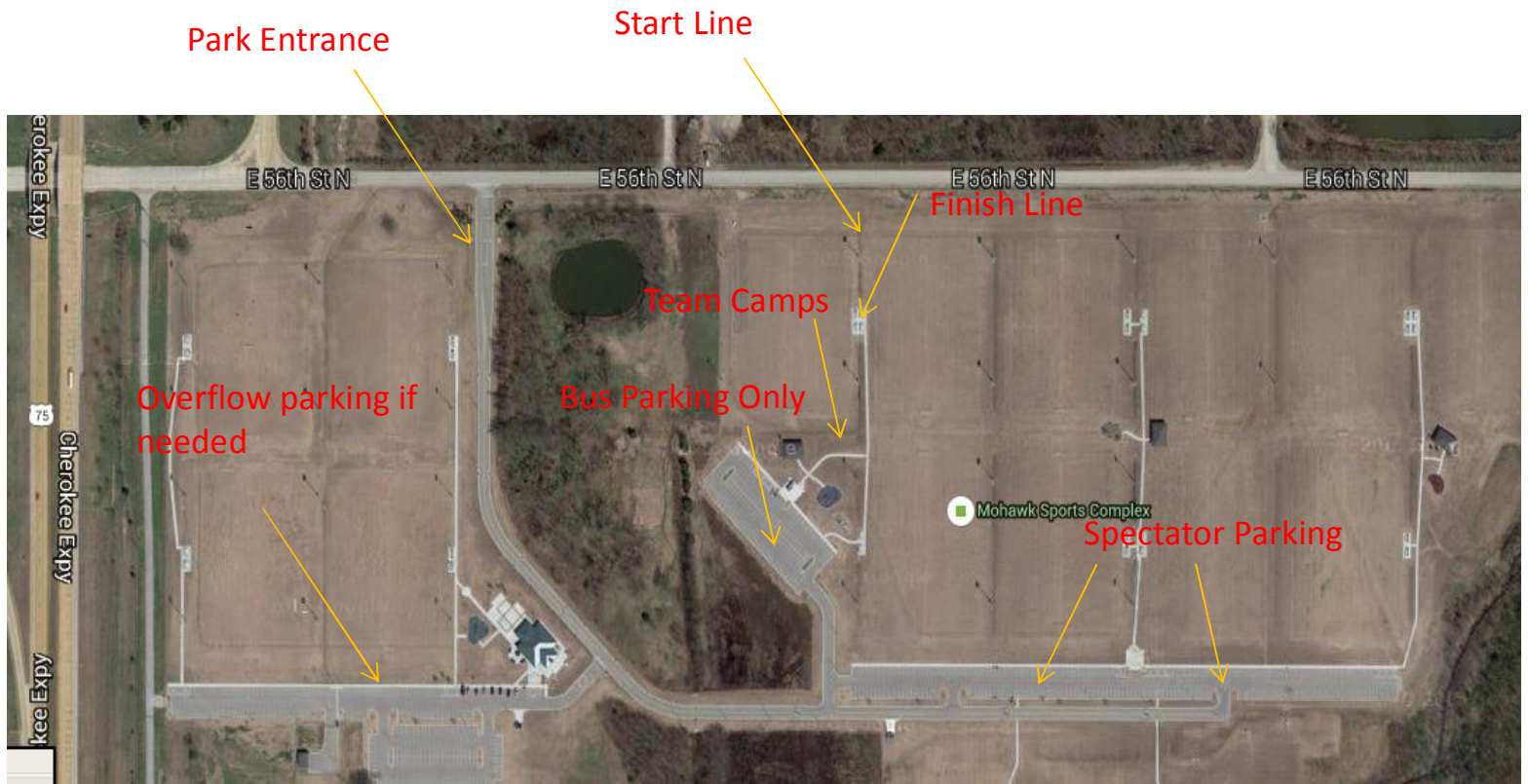
PLEASE EMAIL ROSTERS TO: [blake.collins@owassops.org](mailto:blake.collins@owassops.org)  
(918) 698-9481  
Due Wednesday September 2<sup>nd</sup> by  
5:00

COURSE: Course is around the perimeter of the Mohawk Soccer Complex. It is very flat with only a few slight uphill.

WATER: Water will be provided at the start line, finish line, and once on the course. Water will not be provided for team camps. Coaches, please bring water for your runners!

EMERGENCIES: Owasso trainers will be onsite and EMSA ambulance service as been given information on the meet. EMSA will be on stand-by but not at the course.

PARKING: Please see map on the next page for directions on parking.



Park entrance is off 56<sup>th</sup> St. North just east of Highway 75. Buses can pull around to the east side of the soccer complex and park next to the playground, south of the course start/finish. There will be a parent volunteer directing traffic for buses and spectators. If the Bus parking lot fills up, drivers need to park on the west side of the complex, south of the soccer fields.

Team Camps will be around the pavillion/playground area. Please be careful not to camp too close to the course.

Any questions please contact Coach Collins (918) 698-9481 or [blake.collins@owassops.org](mailto:blake.collins@owassops.org)