

OWASSO INVITATIONAL

HIGH SCHOOL & JUNIOR HIGH

CROSS COUNTRY MEET



DATE: Friday, October 9th 2015

PLACE: Mohawk Park, 5701 E 36th St N, Tulsa, OK. Course starts and ends on the Polo fields on the north side of the park.

STARTING TIMES: 3:15 Coaches Meeting

3:30 Girls Varsity (5k)

4:00 Girls JV (5k)

4:30 Boys Varsity (5K)

5:00 Boys JV (5K)

5:30 Small School Girls Varsity (2 mile)

6:00 Small School Girls JV (2 mile)

6:30 Girls Junior High (2 mile)

7:00 Boys Junior High (2 mile)

TEAM AWARDS: 1st and 2nd place plaques for Varsity girls and boys and Junior High girls and boys.

INDIVIDUAL AWARDS: Medals for top 20 finishers in ALL races.

RESTROOMS AND DRESSING: Park bathrooms available. Port-o-potties around the start line.

ENTRIES: \$60 Varsity Girls, \$60 Varsity Boys, \$50 JH Girls, \$50 JH Boys, \$10 Individuals. (\$200 for all 4 divisions).

PLEASE SEND ENTRY FEES TO: Owasso Athletic Department

12901 E. 86th Street North

Owasso, OK 74055

918-272-1867

PLEASE EMAIL ROSTERS TO: Coach Collins

blake.collins@owassops.org

918-698-9481

(rosters due by 5:00 Thursday, October 8th)

COURSE: The course winds around the Polo Fields and onto the trails between the Polo Fields and the Zoo. The course is very flat and shaded.

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. Water will also be for sale to spectators.

EMERGENCIES: School trainers will be onsite in case of emergencies. Please make sure your athletes are hydrated before coming to the meet.

FOOD DRIVE: This will be our fourth year to host a canned food drive for the Owasso Food Pantry. We will have containers set up around the camp area for donations. If your team or spectators would like to help it would be greatly appreciated!

PARKING: Next Page

