



## Tulsa Open

### High School/JH Cross Country Meet

This meet is an open meet for schools in any division. The course is at O'Brien Park in North Tulsa on a golf course and park.

**Date:** Thursday, October 6<sup>th</sup>, 2022

**Location:** O'Brien Park – 6149 N. Lewis Ave, Tulsa, OK 74130

**Course:** All varsity and JV race distances are 5K. Junior High races are 3200m. Course is a flat to rolling, grass/trail course. Restrooms are available on site.

#### **Race Schedule:**

2:30 – 3:00 pm	HS Packet pick-up
3:15 pm	Coaches Meeting
3:30 pm	Varsity Girls 5K
4:00 pm	Varsity Boys 5K
4:00 pm	MS Packet pick-up
4:30 pm	JV Girls and Boys 5K
5:15 pm	MS Boys and Girls 3200m

**Awards:** Medals are awarded to the top 15 finishers in each race. Team plaques will go to the first and second place male and female teams based on cumulative finish place points of the #1-5 runners. Ties are determined by the 5<sup>th</sup> runner.

**Results:** Meet timing and results provided by Enduro USA.

**Entry fee:** High Schools are \$75 per team. JV teams are free with varsity entry. Middle school entry is \$50 per team. Varsity teams are limited to 7 runners. JV and MS teams may have unlimited entries. If less than 5 runners on a HS team, \$15/runner, on a JH team, \$10/runner. Make checks out to Tulsa Public Schools Athletics. Mail to Tulsa Public Schools/Athletics, 3027 S. New Haven Ave., Tulsa, OK 74114 or bring in person to meet.

**Registration:** **ON-LINE ENTRIES:** Coaches must submit all entries on the ENDURO USA™ website: [www.endurousa.com](http://www.endurousa.com). --- **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** --- **ONLINE ENTRIES DEADLINE: Tuesday 10/4 at 7pm.** Complete ALL of the steps on the "Entries Window". Make sure to "VERIFY". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to: [cara@runenduro.com](mailto:cara@runenduro.com).

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