



CROSS COUNTRY

High School & Junior High XC Invitational

DATE: Thursday, October 3rd, 2024

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

STARTING TIMES:

3:30 pm Coaches Meeting

4:00 pm Junior High Girls 1.5 mile race (unlimited entries)

4:30 pm Junior High Boys 1.5 mile race (unlimited entries)

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

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

6:15 pm Varsity Girls 5k (7 Runner Limit)

6:45 pm Varsity Boys 5k (7 Runner Limit)

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

INDIVIDUAL AWARDS: Custom medals for top 20 finishers in **ALL** races... JV 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, \$50 JH Girls, \$50 JH Boys, (\$300 for all 4 divisions). \$10 Per individual runner if under 5 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

REGISTRATION: DEADLINE IS THURSDAY, SEPTEMBER 29th 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/626812-owasso-ram-charge-relays-2024>

Deadline for registration is **TUESDAY, August 27th @ 5:00pm**, 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:** You do NOT need to designate varsity or JV during registration. Enter all athletes who you plan to run

COURSE: The course is very flat, fast, and spectator friendly.

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.

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: Spectators can park in the grass southwest of the course.

Please email or call Coach Collins with any questions:

blake.collins@owassops.org

(918) 698-9481



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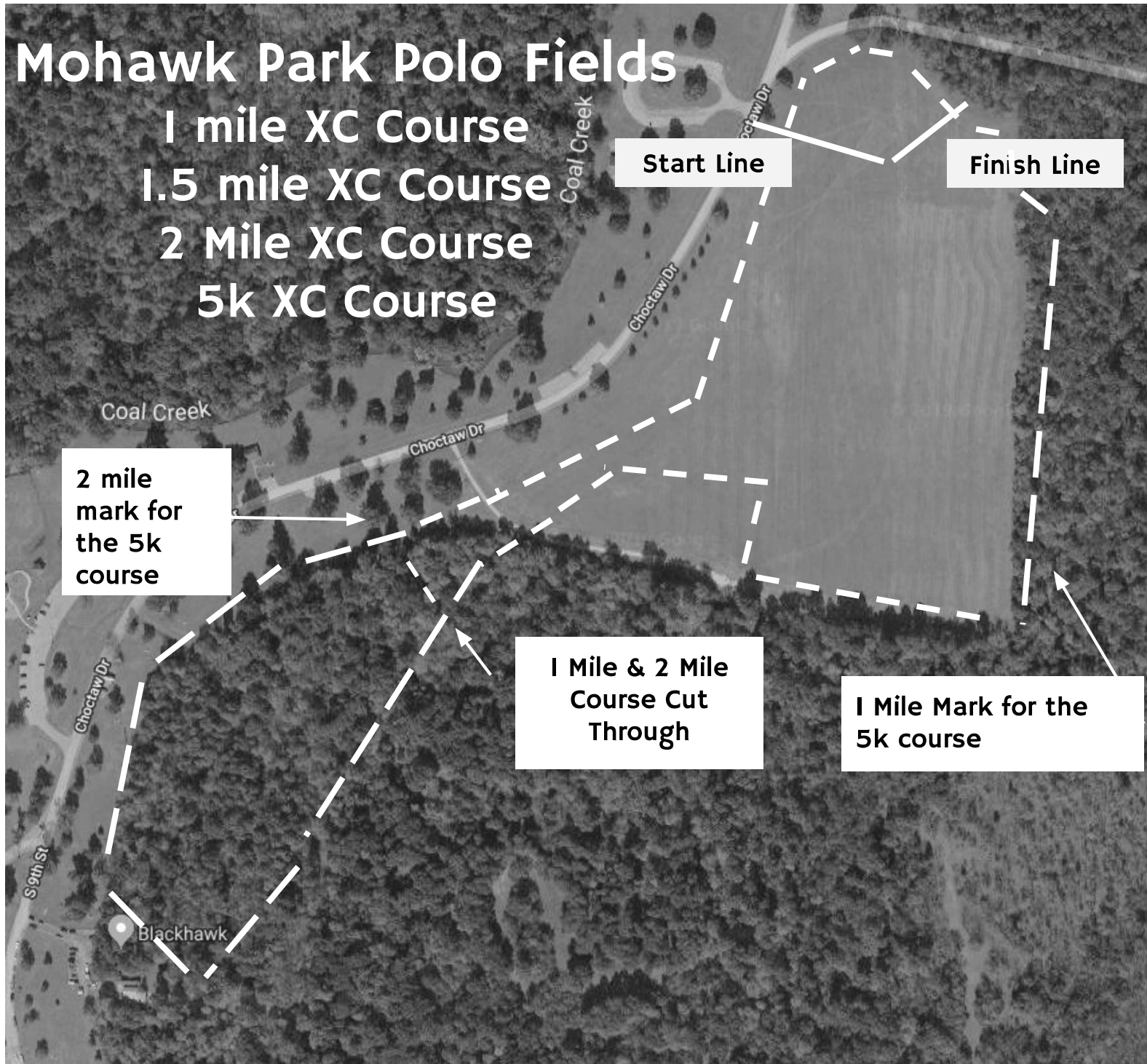
Mohawk Park Polo Fields

1 mile XC Course

1.5 mile XC Course

2 Mile XC Course

5k XC Course



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.