



DATE: Thursday, August 29th, 2024

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.

UPDATED STARTING TIMES: 3:30 - HS Coaches Meeting

4:00 - Girls Junior High Traditional Race (1.5 mile)

4:30 - Boys Junior High Traditional Race (1.5 mile)

5:00 - High School Girls Relay Race (Clock will stop at 60:00 minutes)

6:15 - High School Boys Relay Race (Clock will stop at 60:00 minutes)

SCHOOL AWARDS: 1st and 2nd place plaques for Girls and Boys Relays and Girls and Boys JH Teams

INDIVIDUAL AWARDS: Medals for top three teams in relay races and top 20 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). \$60 per JH team. \$10 for individual runners. (Please only runners from OSSAA accredited schools. No Club teams or Club individuals).

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/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: Each entered relay will receive 4 chips that will be used for each runner. If you need to change the athletes who are running, we will have relay cards for those changes to be made at the meet. Please turn them in at least 30 minutes before the event begins.

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: Buses 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 grass southwest of the course.



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

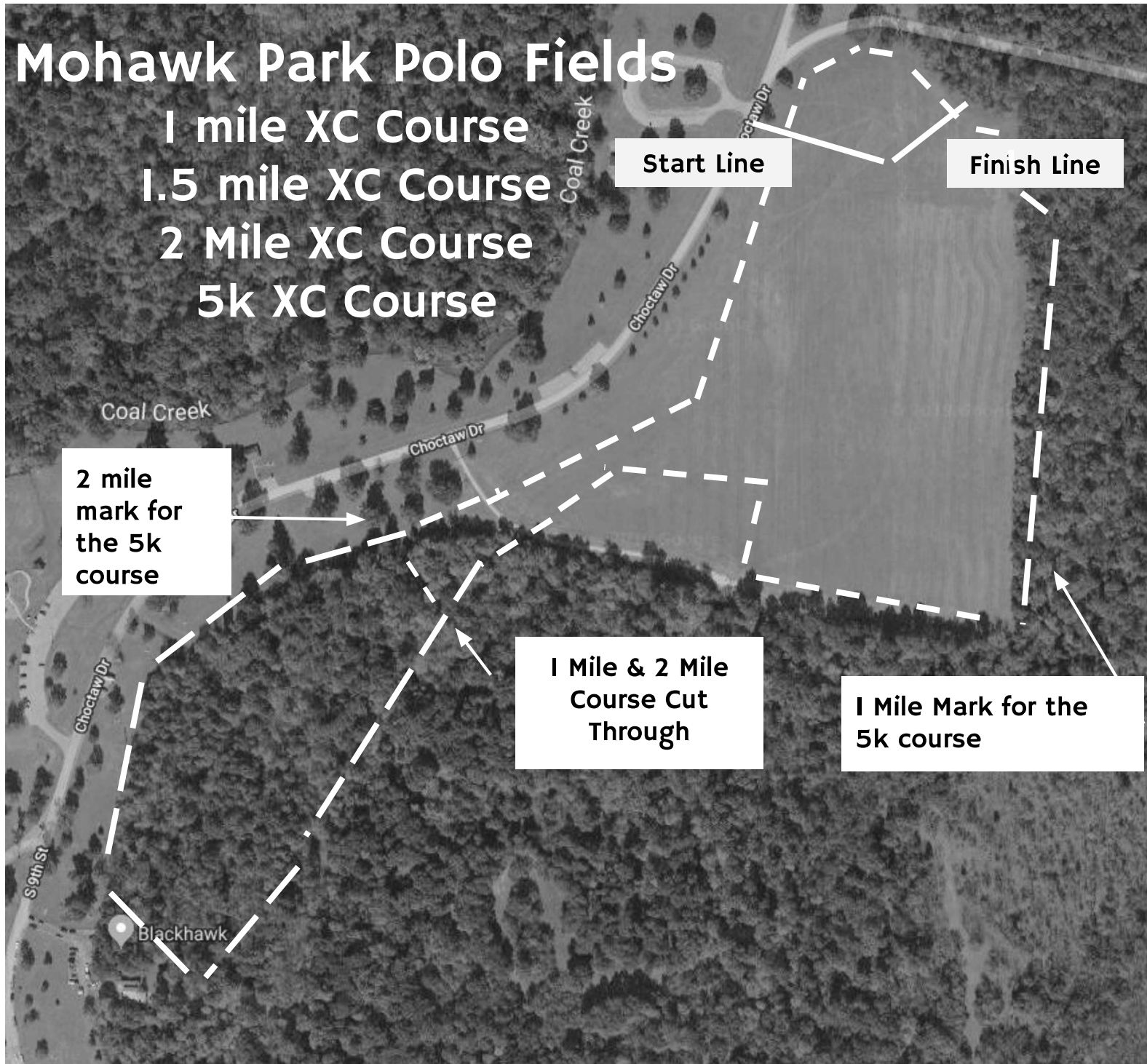
Mohawk Park Polo Fields

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.