

HOLLAND HALL SCHOOL

5666 East 81st Street ✧ Tulsa, Oklahoma 74137-2099 ✧ (918) 481-1111

*Office of Athletics
and Physical Education*

32ND ANNUAL HOLLAND HALL CROSS COUNTRY INVITATIONAL SATURDAY, SEPTEMBER 23, 2017

Holland Hall School invites you to participate in our 32nd annual cross-country invitational.

Location and Course:

Our course is located completely within our campus at 5666 E. 81st Street, between Sheridan and Yale, in Tulsa. It is a rolling grass course crossing short stretches of gravel and pavement with two relatively steep climbs through a wooded trail. (The 5000m course has two climbs and the 1600m course has no climbs.)

<u>Schedule:</u>	<u>Time:</u>	<u>Distance:</u>
Coaches Meeting	9:00	Starting Line
Elementary Run	9:15	1600m
Junior High Boys	9:30	1600m
Junior High Girls	9:45	1600m
Varsity Boys (7 runners)	10:00	5000m
JV Boys	10:30	5000m
Varsity Girls (7 runners)	11:00	5000m
JV Girls	11:40	5000m

Awards:

Trophies will be given to the top three schools in Varsity and Junior High divisions. Medals will be awarded to the top fifteen (15) Varsity and Junior High individuals and top ten (10) JV individuals.

Entry Fees:

High School Boys - \$50; High School Girls - \$50 or \$85 both high school teams.

Junior High Boys - \$50; Junior High Girls - \$50 or \$85 for both Junior High teams or \$10 per individual entered.

JV teams are free with varsity team entered if not same as varsity fee. Elementary race is free.

Entry Deadline:

No later than September 22, email is the best way. Sign up will be on trackroster.com. Make checks payable to Holland Hall School.

Contact Information:

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Holland Hall is a model center for pre-collegiate education providing academic challenge in a supportive environment..