

HOLLAND HALL SCHOOL

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

34TH ANNUAL HOLLAND HALL CROSS COUNTRY INVITATIONAL

SATURDAY, SEPTEMBER 28, 2019

Holland Hall School invites you to participate in our 34th 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 for the 5000m course.

NEW THIS YEAR - Junior High will race 3200m which will be the 1600m course twice. The Elementary Run has been renamed as a Fun Run and is open to 8th Grade & Below, for those junior high teams that may have an individual for 3200m being too far.

Schedule:

	<u>Time:</u>	<u>Distance:</u>
Fun Run Boys (8th Grade & Below)	8:30 am	1600m
Fun Run Girls (8th Grade & Below)	8:45 am	1600m
Coaches Meeting	9:00 am	Starting Line
Junior High Boys (6th-8th Grade)	9:10 am	3200m
Junior High Girls (6th-8th Grade)	9:30 am	3200m
Varsity Boys (7 runners)	10:00 am	5000m
JV Boys	10:30 am	5000m
Varsity Girls (7 runners)	11:00 am	5000m
JV Girls	11:40 am	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.

Make checks payable to Holland Hall School.

Registration:

All team registration is on www.endurousa.com.

If you have any trouble setting up an enduro account email Kevin McWaters, kevin@endurousa.com

Entry deadline will be on September 26 at 11:00 pm.

Contact Information:

Holland Hall
Greg Spencer
5666 E. 81st St.
Tulsa, OK 74137

Phone: (918) 481-1111 x 4746
(918) 510-8174 (Cell)
Fax: (918) 879-4757
E-Mail: gspencer@hollandhall.org

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