

HOLLAND HALL SCHOOL

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

Office of Athletics
and Physical Education

30TH ANNUAL HOLLAND HALL CROSS COUNTRY INVITATIONAL SATURDAY, SEPTEMBER 19, 2015

Holland Hall School invites you to participate in our 30th 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. The 3200m course has one climb 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 (12 runners) *	11:00	5000m
JV Girls	11:40	3200m

* Varsity girls will move up in distance to 5000m but will keep the JV race at 3200m. We will allow up to 12 girls per team in the varsity race for this year.

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:

Because of the computerized scoring system, it's essential that you send the TEAM ROSTERS back to us as soon as possible and **no later than September 18, email is the best way.** Make checks payable to Holland Hall School.

Mail, Fax, or E-Mail Entry Forms to:

Holland Hall	Phone:	(918) 481-1111 x 746
Greg Spencer		(918) 510-8174 (Cell)
5666 E. 81st St.	Fax:	(918) 879-4757
Tulsa, OK 74137	E-Mail:	gspencer@hollandhall.org

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

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ROSTER ENTRY SHEET

NAME OF SCHOOL _____

NAME OF COACH _____ PHONE # _____

FAX # _____

Circle the division and print the names of the athletes. Duplicate this sheet as needed.

Elementary Girls

Junior High Girls

High School Girls

Elementary Boys

Junior High Boys

High School Boys

Athletes Entered:

TYPE OR PRINT

1. _____

15. _____

2. _____

16. _____

3. _____

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