

39TH ANNUAL HOLLAND HALL CROSS COUNTRY INVITATIONAL



SATURDAY, SEPTEMBER 21, 2024

LOCATION & 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/dirt course, crossing short stretches of gravel and pavement with two relatively steep climbs through a wooded trail for the 5000m course. The 3200m course is a 2 loop course with no hills.

<u>SCHEDULE</u>	Entry Limits	Time	Distance
Coaches Meeting (Startling Line)		8:50 am	
Varsity Boys	7 runners	9:00 am	5000m
Varsity 5k Girls	unlimited	9:30 am	5000m
JV Boys	unlimited	10:15 am	5000m
Varsity 2 Mile Girls	unlimited	10:50 am	3200m
Jr. High Boys	unlimited	11:20 am	3200m
Jr. High Girls	unlimited	11:45 am	3200m
Elementary Boys	unlimited	12:15 pm	1600m
Elementary Girls	unlimited	12:30 pm	1600m

NEW - There will be 2 high school girl races, 5k and 2 Mile. You can enter in as many runners in either race. Each school can enter in both races, you can enter some in the 5k and the rest in 2 Mile.

REGISTARTION

Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** —**ONLINE ENTRIES DEADLINE: September 20 at noon.** Complete ALL the steps on the "Entries Window". Make sure to "VERIFY". TEAMS WILL NOT BE ADDED AT THE MEET. If you need help with your ENDURO USA™ account, please email your questions to jhughes@elginps.net.

MEET TIMING & RESULTS

RFID Chip Timing for the meet is provided by 12:1 Running Timing Services. Live results are available at www.twelve1running.com.

ENTRY FEE

High School: Boys - \$50; Girls - \$50 or \$85 both high school teams or \$10 per individual. **Junior High:** Boys - \$50; Girls - \$50 or \$85 for both Junior High teams or \$10 per individual. **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.

AWARDS

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

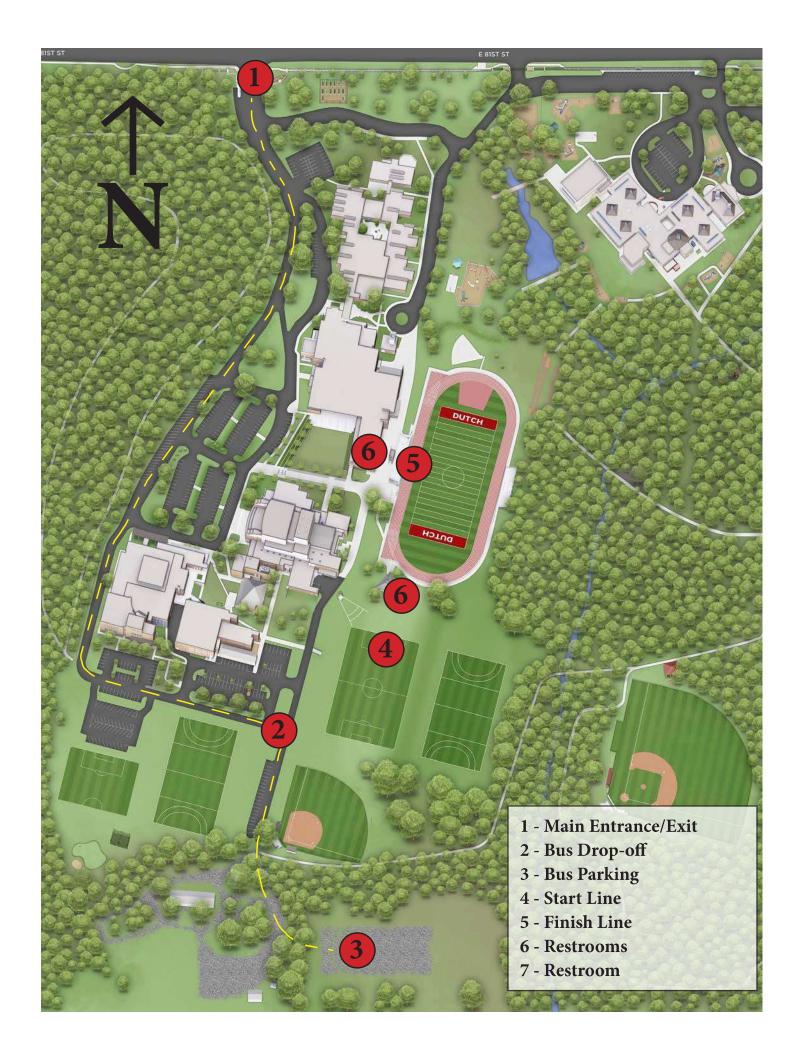
CONTACT

 Greg Spencer
 Office Phone:
 539-476-8166

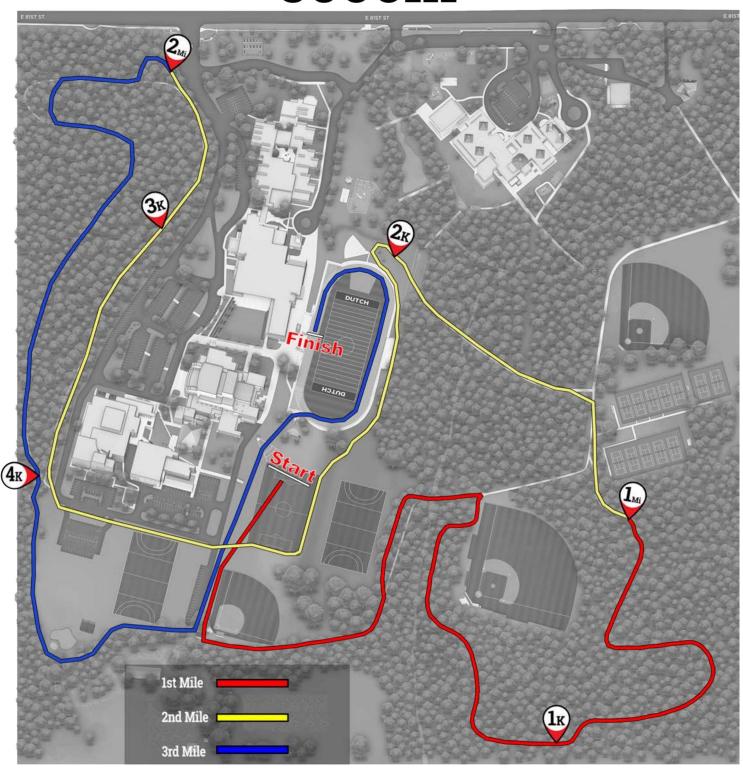
 5666 E. 81st St.
 Cell Phone:
 918-510-8174

 Tulsa, OK 74137
 Fax Number:
 918-481-1145

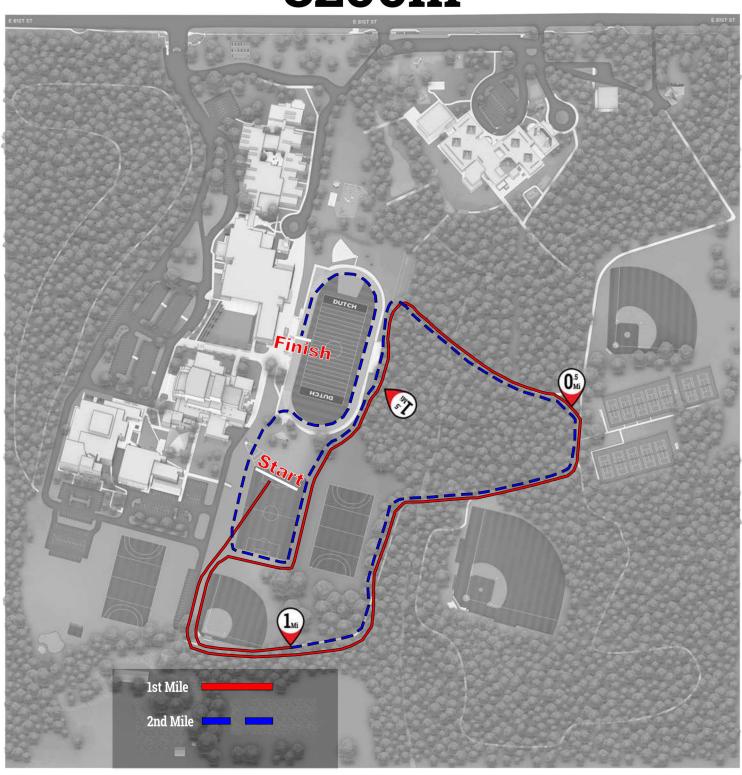
Email: gspencer@hollandhall.org



Holland Hall Cross Country **5000m**



Holland Hall Cross Country 3200m



Holland Hall Cross Country 1600m

