



Immanuel Lutheran Christian Academy

Cross Country

2019-2020



Date	Location	Times of Races
Saturday, August 17	Stroud Invitational 119 West 10th Street Stroud, OK 74049 (north side of elem building)	8:30 am Coaches Meeting 8:45 am Elementary 9:00 am JH Girls 9:20 am JH Boys 9:40 am HS Girls 10:00 am HS Boys 10:20 am JV Girls 10:40 am JV Boys
Saturday, August 31	Sapulpa Chieftain Meet 1611 S. Wickham Road Sapulpa, OK 74066 (behind Walmart)	8:20 am Coaches Meeting 8:30 am Elementary Girls 8:45 am Elementary Boys 9:00 am Varsity/JV Girls (1 mile) 9:15 am Varsity/JV Girls (2 mile) 9:45 am Varsity Boys 10:10 am JV Boys 10:40 am JH Girls 11:00 am JH Boys
Saturday, September 7	Kiefer Trojans Cross Country Meet Kiefer High School 4600 West 151st Street South Kiefer, OK 74041	8:30 am Coaches Meeting 8:45 am Elementary Girls 9:00 am Elementary Boys 9:15 am 2A/3A Varsity/JV Girls 9:45 am 2A/3A Varsity/JV Boys 10:30 am 4A/5A Varsity/JV Girls 11:00 am 4A/5A Varsity/JV Boys 11:40 am JH Girls 11:55 am JH Boys
Saturday, September 14	Case Cross Country Invitational Case Community Center 1050 W. Wekiwa Rd Sand Springs, Ok 74063	8:45 am Coaches Meeting 9:15 am Varsity Girls 9:45 am Varsity Boys 10:15 am JV Girls 10:45 am JV Boys 11:15 am JH Girls 11:30 am JH Boys 11:45 am Elementary Girls 12:00 pm Elementary Boys
Saturday, September 28	Holland Hall Cross Country Invitational 5666 E 81st Street Tulsa, OK 74137	8:30 am Elementary Boys 8:45 am Elementary Girls 9:00 am Coaches Meeting 9:10 am JH Boys 9:30 am JH Girls 10:00 am Varsity Boys 10:30 am JV Boys 11:00 am Varsity Girls 11:40 am JV Girls