

Adair Cross Country Meet

ROCKLAHOMA RUN – TUESDAY SEPTEMBER 18TH 2018

3:00	Coaches Meeting		
3:15	Elementary Girls	1 mile	6 th grade and under
3:30	Elementary Boys	1 mile	6 th grade and under
3:45	JH Girls 7 th & 8 th grade	1 mile	all classes
4:00	JH Boys 7 th & 8 th grade	1 mile	all classes
4:15	2A-3A-4A girls	2 miles	
4:45	2A-3A-4A boys	5K	
5:15	5A-6A girls	5K	
5:45	5A-6A boys	5K	
6:15	JV Girls (2 miles) / JV Boys	5K	all classes

Entry Fee

High School

Boys \$60, Girls \$60, Individuals \$10

Junior High

Boys \$50, Girls \$50, Individuals \$10

(All 4 teams --- HS Boys and Girls & JH Boys and Girls \$200)

Elementary

Boys \$30, Girls \$30, Individuals \$5

Awards

Varsity -> Top 25 Medal

Junior High -> Top 25 Medal

JV -> Top 10 Medal

Elementary -> Top 20 Medal Boys & Girls

This meet will be run at the *Rocklahoma* concert venue located at 1421 W E0450 Rd, Pryor. Concessions and rest room facilities will be available.

COACHES: IF YOU ARE PLANNING TO PARTICIPATE IN OUR MEET PLEASE GO TO www.endurousa.com TO ENTER YOUR TEAM(S).

Entry deadline is Saturday September 15th. Thank You!

Questions call: Coach Scott Winfield 918-691-0742 or AD Brad Rogers 918-785-2434