

Adair Cross Country Meet

ROCKLAHOMA RUN – TUESDAY SEPTEMBER 17TH 2019

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	JV Girls (2 miles) / JV Boys	5K	all classes
4:45	2A-3A-4A girls	2 miles	
5:15	2A-3A-4A boys	5K	
5:45	5A-6A girls	5K	
6:15	5A-6A boys	5K	

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

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 SEND YOUR ROSTER WITH NAME, GENDER, GRADE TO: Martin Updike at martin@i40raceservice.com or FAX 918-682-0280 by Saturday September 14th. Martin's cell # for questions: 918-577-1956

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