

# Adair Cross Country Meet

ROCKLAHOMA RUN – TUESDAY SEPTEMBER 15<sup>th</sup> 2020

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

*\*Our plan is to run JV and Varsity together (boys and girls separate). Your first 7 runners will be counted as Varsity to score.*

## 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

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 ON PARTICIPATING IN OUR MEET, PLEASE GO TO [www.endurouso.com](http://www.endurouso.com) TO ENTER YOUR TEAM(S).**

**\*\*Entry turned in by Saturday September 12<sup>th</sup>.**

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