

Adair Cross Country Meet

"ROCKLAHOMA RUN" – TUESDAY SEPTEMBER 28 2021

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

JV and Varsity will run together (boys & 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 20 Medal

Junior High -> Top 20 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.

ALL MIDDLE SCHOOL & HIGH SCHOOL TEAM ROSTERS MUST BE SUBMITTED THROUGH ENDURO BY SATURDAY SEPTEMBER 25TH @ www.runendurousa.com. Elementary runners do not need to be submitted. PLEASE CONTACT MARTIN UPDIKE martin@i40raceservice.com / 918-577-1965, with any roster questions.

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