

# Adair Cross Country Meet

*“ROCKLAHOMA RUN” – TUESDAY SEPTEMBER 27 2022*

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	

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

## Entry Fee -> *Make checks payable “Adair Schools”*

### High School

Boys \$65, Girls \$65, Individuals \$10

### Junior High

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

*(All 4 teams --- HS Boys and Girls & JH Boys and Girls = \$210)*

### 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 24<sup>th</sup> @ [www.runendurousa.com](http://www.runendurousa.com).**

***Elementary runners do not need to be submitted.***

**PLEASE CONTACT MARTIN UPDIKE [martin@i40raceservice.com](mailto:martin@i40raceservice.com) 918-577-1965, with any roster questions.**