

# Adair Cross Country

## Rocklahoma Run – Tuesday September 30<sup>th</sup> 2025

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

LOCATION: Rocklahoma concert venue @ 1421 W 450 Rd, Pryor, OK 74361

**Concessions and rest room facilities will be available.**

**All Middle School and High School team rosters must be submitted through ENDURO by Saturday September 27<sup>th</sup> @ [www.entriesandresults.com](http://www.entriesandresults.com)**

**Please contact Martin Updike with any roster questions @ [martin@i40raceservice.com](mailto:martin@i40raceservice.com) 918-577-1965**

