

Adair Cross Country “Rocklahoma Run”

Tuesday September 29th 2026

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 -> Make checks payable “Adair Schools”

High School

Boys \$70, Girls \$70, Individuals \$10

Junior High

Boys \$55, Girls \$55, Individuals \$10

(All 4 teams --> HS Boys and Girls & JH Boys and Girls = \$225)

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 26th @ www.entriesandresults.com

Please contact Martin Updike with any roster questions @ martin@i40raceservice.com 918-577-1965

