

# ADAIR CROSS COUNTRY

## ROCKLAHOMA RUN – TUESDAY OCTOBER 1, 2024

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

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

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

