

Frederick Bombers

Cross Country Invitational

October 4, 2022, TUESDAY

Frederick Country Club, 1001 N 1st, Frederick OK

Coaches Meeting: 9:45

Start time: 10:00

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: www.endurosa.com. - - - **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** - - - **ONLINE ENTRIES DEADLINE:** the day before the meet @ 5:00pm. Complete ALL of the steps on the "Entries Window". Make sure to "VERIFY". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to: cara@runenduro.com.

Order of Races/Race Distances

Awards

Large School Girls (5K)

Varsity Division: Team Champions

Large & Small School Boys (5K)

JH Division: Team Champions

Small School Girls (3200 m)

6th Division: Team Champion

Junior High Boys (3200m)

Individual: 1-25 each division

Junior High Girls (2400 m)

6th Grade and Below Girls and Boys (1 mile)

Cost: High School \$75 (each team)

Individual runners \$15

Junior High \$65 (each team)

6th & Below \$50*** if you bring Varsity or JH teams , 6th runs FREE

Questions/Concerns, contact Coach Misty Thornton (580) 704-0600 mthornton@frederickbombers.net, Coach Rob Brite (580) 305-6651 or AD Charles Roady (580) 770-1733

Invoice/Entry Form:

School: _____

Coach: _____

Contact # _____

Email _____

Total Entries _____