



# Frederick Bombers Cross Country Invitational



Date: October 2, 2024

Location: Frederick Country Club, 1001 N 1<sup>st</sup>, Frederick, OK

Coaches Meeting: 9:45 a.m.

Meet Start Time: 10:00 a.m.

### Order of Races/Race Distances

6A/5A: 5K Varsity Girls and JV Girls (5000 meters)  
 5K Varsity Boys and JV Boys (5000 meters)  
 4A and below: 2 mile Girls JV Girls (3200 meters)  
 Middle School Girls: 1.5 miles (2400 meters)  
 Middle School Boys: 2 miles (3200 meters)  
 6<sup>th</sup> Grade Girls and Boys: 1 mile

### Team Awards

Varsity Division Team Champion/Runner-Up

Individual Awards: Varsity Division 1-25

Middle School 1-25

6<sup>th</sup> Grade 1-25

Cost: Varsity Boys- \$75

Middle School Boys: \$65

Varsity Girls- \$75

Middle School Girls: \$65

\*6<sup>th</sup> Girls- \$50

\*6<sup>th</sup> Boys- \$50

\*If you bring your Varsity teams, JV and 6<sup>th</sup> teams will run FREE.

Questions/concerns, contact Coach Misty Thornton (580)704-0600

[mthornton@frederickbombers.net](mailto:mthornton@frederickbombers.net), Coach Rob Brite (580) 305-6651, or

AD Charles Roady (580)770-1733

**Entry Deadline- Monday October 1st @ Noon.**

**ON-LINE ENTRIES-** Coaches must submit all entries on the ENDURO USA™ website: [www.endurouusa.com](http://www.endurouusa.com). — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** — **ONLINE ENTRIES DEADLINE: Monday, October 1st at noon.** Complete ALL 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 [jhughes@elginps.net](mailto:jhughes@elginps.net).

**MEET TIMING & RESULTS-** RFID Chip Timing for the meet is provided by **12:1 Running Timing Services**. Live results are available at [www.twelve1running.com](http://www.twelve1running.com).

### Invoice/Entry Form:

School: \_\_\_\_\_

Coach: \_\_\_\_\_

Contact #: \_\_\_\_\_

Email: \_\_\_\_\_

Total Entries: \_\_\_\_\_