



Frederick Bombers Cross Country Invitational



Date: September 28, 2018

Location: Frederick Country Club, 1001 N 1st, Frederick, OK

Coaches Meeting: 9:45 a.m.

Meet Start Time: 10:00 a.m.

Entry Information: Entries will be taken the day of the meet. Preregistration of your entries is encouraged. **Email team entries to Misty Thornton at mthornton@frederickbombers.net**. Email the following information: name, gender, school, and grade.

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)
 6th Grade Girls and Boys: 1 mile

Team Awards

Varsity Division Team Champion/Runner-Up

Individual Awards: Varsity Division 1-25

Middle School 1-25

JV Division 1-15

6th Grade 1-25

Cost: Varsity Boys- \$75

Varsity Girls- \$75

*JV Girls- \$65

*6th Girls- \$50

Middle School Boys: \$65

Middle School Girls: \$65

*JV Boys- \$65

*6th Boys- \$50

*If you bring your Varsity teams, JV and 6th teams will run FREE.

Questions/concerns, contact Coach Misty Thornton (580)704-0600,
 Coach Terry Collins (860)205-0166, or AD Charles Roady (580)770-1733

Invoice/Entry Form:

School: _____

Coach: _____

Contact #: _____

Email: _____

Total Entries: _____

The Frederick Country Club will be offering a \$5 meal deal consisting of a hamburger, chips and a drink. Please RSVP the number of meals you would like to order to Misty Thornton. Meal payments will be made to Frederick Country Club.