



# Frederick Bombers Cross Country Invitational



Date: October 4, 2019

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.

**ONLINE REGISTRATION:** Entries are to be completed online using ENDUROUSA.COM. Phone or faxed entries will not be accepted. If you do not already have an ENDURO USA™ account, set up an ENDURO USA™ account in your name. - - - Then log into your account and follow the instructions in the top-right to “upgrade” your acct and add the desired Rosters. If you need assistance with your account contact Kevin McWatters ([kevin@runenduro.com](mailto:kevin@runenduro.com)).

[www.endurousa.com](http://www.endurousa.com)

**Deadline for entering is: Thursday, Oct 3<sup>rd</sup> at 6pm.**

Be sure to visit our meet’s “PREVIEW” window immediately before departing for our meet. You must complete all steps on the “ENTRIES Window”. **Teams will NOT be added at the meet.**

**Order of Races and Race Distance**

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

Varsity Girls- \$75

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

Middle School Boys: \$65

Middle School Girls: \$65

\*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 Terry Collins (860)205-0166, or

AD Charles Roady (580)770-1733

**Invoice/Entry Form:**

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

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

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

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

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