



# Frederick Bombers Cross Country Invitational



**Date: October 2, 2020**

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 complete online at: [www.endurousa.com](http://www.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. If you need assistance with your ENDURO USA™ account, including switching rosters from a previous coach, contact Kevin ([kevin@runenduro.com](mailto:kevin@runenduro.com)).

**ONLINE ENTRY DEADLINE: Thursday, October 1st @ 5pm.**

Be sure to visit our meet's "PREVIEW" window immediately before departing for our meet. You must complete all steps on the "ENTRIES Window". Middle School students cannot be entered from a High School Roster. - - - Teams will NOT be added at the meet.

**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  
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 Rob Brite (580) 305-6651, or  
AD Charles Roady (580)770-1733

**Invoice/Entry Form:**

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

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

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

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

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