



# Frederick Bombers Cross Country Invitational



Date: Tuesday, October 5, 2021

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.

**Registration: DEADLINE is Monday, October 4<sup>th</sup>, 5:00 PM**

**Entries after the deadline will NOT be allowed. - - - NO EXCEPTIONS**

### Entry Procedure

All entries must be completed online at: [www.endurousa.com](http://www.endurousa.com)

If you do not already have an account, you will need to visit "ENDURO USA" - - -

([www.endurousa.com](http://www.endurousa.com)). After you set up your account, email Kevin McWatters

([kevin@runenduro.com](mailto:kevin@runenduro.com)). In your email, list your school, the roster(s) you need (boys and/or girls), and the name of the previous coach. Please do not wait until the last minute to contact Kevin.

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