

# Frederick Bombers

## Cross Country Invitational

October 3, 2023, TUESDAY

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

Coaches Meeting: 9:45

Start time: 10:00

Online Registration at [www.endurousa.com](http://www.endurousa.com). Be sure to visit the "PREVIEW" window to check your entries.

### Order of Races/Race Distances

### Awards

Large School Girls (5K) (9<sup>th</sup>-12<sup>th</sup>)

Varsity Division: Team Champions

Large & Small School Boys (5K) (9<sup>th</sup>-12<sup>th</sup>)

JH Division: Team Champions

Small School Girls (3200 m) (9<sup>th</sup>-12<sup>th</sup>)

6<sup>th</sup> Division: Team Champion

Junior High Boys (3200m) (7<sup>th</sup>-8<sup>th</sup>)

**Individual:** 1-25 each division

Junior High Girls (2400 m) (7<sup>th</sup>-8<sup>th</sup>)

6<sup>th</sup> Grade and Below Girls and Boys (1 mile)

**Cost:** High School \$75 (each team)

Individual runners \$15

Junior High \$65 (each team)

6<sup>th</sup> & Below \$50\*\*\* if you bring Varsity, 6<sup>th</sup> runs 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 \_\_\_\_\_