

Frederick Bombers Cross Country Invitational

Date: October 7, 2026 **Location:** Frederick Country Club, 1001 N 1st, Frederick, OK

Coaches Meeting: 9:45 a.m.

Start Time: 10:00 a.m.

Entry Fees: HS Boys/Girls \$90 per team

JH Boys/Girls \$75 per team

6th Boys/Girls \$60 per team

\$15 per individual

Divisions	Distance	Medals
6A/5A Girls	5000 Meters	15
HS Boys (9,12)	5000 Meters	25
HS Girls (9,12)	3200 Meters	25
JH Boys (7,8)	3200 Meters	25
JH Girls (7,8)	2400 Meters	25
6 th Girls	1600 Meters	20
6 th Boys	1600 Meters	20

** Each race will start at the conclusion of the preceding race.

ON-LINE ENTRIES- Coaches must submit all entries on the Entries and Results website: www.entriesandresults.com. — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** — **ONLINE ENTRIES DEADLINE: (***) 6 October, 2026 (***)** at noon. Complete ALL the steps on the “Entries Window”. Make sure to “VERIFY”. **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your Entries and Results™ account, please email your questions to jhughes@elginps.net.

www.entriesandresults.com has been loaded with your team roster from last year’s cross-country season. All you need to do is edit any changes from last season and add any new athletes for the 2026 season

MEET TIMING & RESULTS- RFID Chip Timing for the meet is provided by **12:1 Running Timing Services**. Live results are available at www.twelve1running.com.

Questions/concerns, contact Misty Thornton at (580) 704-0600 (mthornton@frederickbombers.net) or Rob Brite at (580) 305-6651 (rbrite@frederickbombers.net)

Make checks payable to Frederick Bomber Cross Country