



**27th Annual
Frankfort High School
Cross Country Invitational**

Sponsored by Potomac Valley Hospital/WVU Medicine

Saturday September 12th, 2020

Address: FHS, 393 Falcon Way, Ridgeley, WV 26753

Time:	Open 2Mile Youth Race	8:30am
	Coaches Meeting	9:00am
	Girls Varsity	10:00am
	Boys Varsity	10:45am(at conclusion of girls race)
	Reserve-JV(combined)	11:30pm(at conclusion of boys race)
	Awards	12:30pm

Entry Fee: \$50 per school both teams or \$25 per team
\$5 per individual runner
Free Reserve, provided a varsity team is entered
Youth race is a separate application form and separate entry fee.
Make Checks Payable to: ***Frankfort High School***

Scoring: WVSSAC Rules Apply

Facilities: Restrooms at FHS Football Stadium.
Coaches Meeting at the Field house. Bus parking is located across the road from the field house.

Awards: Plaques for top two varsity teams
Trophies for top ten varsity individuals
Ribbons for top ten Reserve runners

Course: Challenging, rolling terrain; mostly grass with some wooded areas, and stone.

Rosters: Enter on www.athletic.net questions please ask.
(Please List all Athletes in Varsity Race and any athlete you think may run.)

Contact: Coach Juan Phillips
E-mail: jcphillips@k12.wv.us

***Please notify interest in attending by Aug. 25th. Have rosters in by the evening of September 9th.**

We will be selling invitational t-shirts. Please pass the word on to your athletes. \$20