



**29th Annual
Frankfort High School
Cross Country Invitational**

Sponsored by Potomac Valley Hospital/WVU Medicine

Saturday September 10th, 2022

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 Coach Phillips for your interest in participating by Aug. 23rd. Have rosters entered on athletic.net by the evening of September 7th.**

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