



**31<sup>st</sup> Annual**  
**Frankfort High School**  
**Cross Country Invitational**

**Sponsored by Potomac Valley Hospital/WVU Medicine**

**Saturday September 14<sup>th</sup>, 2024**

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(5min after conclusion of girls race)
Reserve-JV(combined)	11:30pm(5min after conclusion of boys race)
Awards	12:30pm

Entry Fee: \$25 per a school per gender (1runner to unlimited),  
A Total max of \$50 for both boys and girls teams for a School  
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 (*WV, MD, & PA sanctioned event*)

Facilities: Restrooms at FHS Soccer Fieldhouse and MS Locker-rooms.  
Coaches Meeting at Finish Pavilion.  
Bus parking is located in Middle school loop in front of Middle school.  
Spectator Parking is located in Middle School and Elementary School lots.  
Overflow parking is located below the Football Fieldhouse.

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

Course: Challenging, rolling terrain; mostly grass with some wooded areas, and  
stone. ***Video viewing: [www.youtube.com/watch?v=LHf4EDGNabo](http://www.youtube.com/watch?v=LHf4EDGNabo)***

Rosters: Enter on [www.athletic.net](http://www.athletic.net) If you have questions, please ask.  
*(Please List ALL Athletes in Varsity Race include any athlete on your roster just in case they may race. No athletes will be added after entry has closed. No JV race is listed on athletic.net. YOU can decide race day, which athletes are varsity and which are in the reserve race.)*

Contact: Coach Juan Phillips School # 304-726-4667  
E-mail: [jcphillips@k12.wv.us](mailto:jcphillips@k12.wv.us) Cell # 304-303-8339

**\*Please notify Coach Phillips for your interest in participating by Aug. 20<sup>th</sup>. Have rosters entered on [athletic.net](http://athletic.net) by the evening of September 11<sup>th</sup>.**

**We will be selling invitational T-shirts \$20. Please pass the word on to your athletes. Also, we will have concessions available.**