



**30<sup>th</sup> Annual**  
**Frankfort High School**  
**Cross Country Invitational**

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

**Saturday September 9<sup>th</sup>, 2023**

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: \$25 per a school per gender (1runner to 7 runners),  
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 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  
Medals for top fifteen 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](http://www.athletic.net) If you have 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](mailto:jcphillips@k12.wv.us)

**\*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 5<sup>th</sup>.**

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