

Frankfort Cross-Country
Frankfort Invite Sponsored by Potomac Valley Hospital/WVU Medicine
2Mile Youth Race
8:30am Saturday, September 9th, 2023

Introduction: We invite youth to take on the challenge of the FHS Cross-County Course. The race is open to all ages! *Awards will only be given out to the age groups listed below.* Race starts behind the middle school. (356 Golden Drive, Ridgeley, WV 26753)

Course: The challenging course will be a 2mile course made of mostly grass with rolling terrain. Part of the course goes through wooded sections.

Parking: Parking is available at the Middle School parking lot and in the lot below the Football fieldhouse.

Grade Groups: Middle School (5th-8th Grade); Elementary School (4th Grade and Under)

Awards: Top five finishers per group/per gender & Top MS team per gender

Entry Fee: **Pre-register** \$3.00 if received by **September 2nd**
Race day \$5.00
(No shirt is included. Shirts will be available for purchase on race day.)

Checks payable to: Frankfort High School – all proceeds go toward FHS Cross-Country Program

Schedule:	Registration	7:30am-8:15am
	2 Mile Race	8:30am
	Awards	Conclusion of Race
	High School races	10am (So stick around and watch!)

Mail to:	Coach Juan Phillips	Questions: you may email Coach Phillips at
	Frankfort High School	jcphillips@k12.wv.us
	393 Falcon Way	or call Frankfort High School at
	Ridgeley, WV 26753	(304)726-4767

Frankfort High Cross Country thanks you for your support!

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Name: _____ **Grade:** _____ **Gender: M F**

School: _____

X _____
Signature

X _____
Parent/Guardian (if under 18)

Waiver and Release: I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being unknown and appreciated by me. Having read this waiver release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release Frankfort High School and their representatives and successors from any claim of liability arising from my involvement in this event. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.