

33rd Annual

Frankfort High School Cross Country Invitational

Sponsored by Potomac Valley Hospital/WVU Medicine

Saturday September 12th, 2026

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

Time:	MS Coaches Meeting	7:30am
	MS Girls	8:00am
	MS Boys	8:30am(5min after conclusion of girls race)
	Open 1Mile Youth Race	9:00am
	HS Coaches Meeting	9:00am (<i>@ finish pavilion</i>)
	MS Awards Ceremony	9:15am
	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)
	HS Awards Ceremony	12:30pm

Entry Fee: \$25 per a school per gender (1runner to unlimited),
A Total max of \$100 for school if entering boys/girls/HS/MS teams.
Free Reserve, provided a varsity team is entered.
Youth 1 Mile Race is open to anyone. Not timed and no 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 can drop off checks and pick up coaches treats at the Finish Pavilion.
Bus parking is located in Middle school bus 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.
Tent City is located against the soccer fence behind the start line.

Awards: Plaques for Top Two Varsity HS teams/Top MS Team
Medals for top Fifteen HS Varsity individuals/Top Five MS individuals
Ribbons for top ten Reserve runners

Course: Starts behind Frankfort Middle School (356 Golden Drive, Ridgeley, WV 26753) Challenging, rolling terrain; mostly grass with some wooded areas, and stone. *Video viewing:*
www.youtube.com/watch?v=LHf4EDGNabo

Rosters: Enter on 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 Cell # 304-303-8339

***Please notify Coach Phillips for your interest in participating by Aug. 18th.
Have rosters entered on athletic.net by Wednesday 5pm, September 9th.**

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