



Important Memo for Middle School Cross Country teams entered in the St Mary's XC Festival on Sept 5th. Please inform your coaches.

Dear Middle School Coaches,

The St Mary's XC Festival middle school races have grown to the size that we need to add a Middle School JV race. There are 435 registered runners in the boys' race and 330 in the girls' race. Attempting to do a separate girls & boys JV race would put the start at 5:30pm and it's just going to be too hot at that time. I have been taking note every evening this week at Midland and it starts cooling off with sun dropping down just before 6pm. We crunched the numbers and we are only allowing 10 runners per team in the varsity race and the rest of your runners will compete in the JV race. If you have less than 10 runners, then they all race the Middle school varsity race. This will even out the races to a more manageable size and be better for all concerned.

You do NOT have to let us know who is in what race because our computer scoring & chip timing identifies each runner separately. Coaches just need to inform their athletes which race they are racing.

We appreciate your understanding and we have your best interest in making the decision. Also, go to www.runwv.com and look for updated items for Saturday's race.

Looking forward to your visit to Cabell Midland this Saturday.

Coach Chris Parsons
(Cabell Midland)

St. Mary's Medical Center XC Festival Meet Schedule

6:00pm JV Middle school combined (boys & girls) (*Unlimited runners per team*)

6:30pm Middle School varsity girls (6th, 7th, & 8th grades only) (*Max of 10 runners per team*)

6:55pm Middle School varsity boys (6th, 7th, & 8th grades only) (*Max of 10 runners per team*)

Awards for Middle School following the boys race in end zone bleachers

7:20pm High School JV Girls (both classes) (*Unlimited runners per team*)

8:00pm High School JV Boys (both classes) (*Unlimited runners per team*)

8:35pm AA-A High School Varsity Girls (Small Schools) (*Max of 7 runners per team*)

9:15pm AA-A High School Varsity Boys (Small Schools) (*Max of 7 runners per team*)

Awards for all High School races above following AA-A boys race in end zone

9:50pm AAA High School Varsity Girls (Large schools) (*Max of 7 runners per team*)

10:30pm AAA High School Varsity Boys (Large schools) (*Max of 7 runners per team*)

team)

Awards for AAA Varsity races following completion of boys race in end zone