

George Washington High School
 1522 Tennis Club Road
 Charleston, WV 25314
 Phone (304) 348-7729 Fax (304) 344-GWHS
<http://gwhs.kcs.kana.wv.us>
 9/8/15

Dear Coaches:

George Washington High School wishes to extend an invitation to your High School and Middle School Cross Country Teams to participate in the 7TH G.W.H.S. Invitational. The meet will be held at Meadowood Park in Tornado on Wednesday and Thursday September 23-24, 2015. This course is very spectator friendly. Close Parking will be limited. The meet will be sanctioned by the S.S.A.C. and is the 2015 Region III AAA site.

Only the top seven(7) on your team will be scored. You may enter as many runners as you wish, but all runners after the top seven will be removed from scoring and team scores will be re-added.

Hy-Tek Scoring will be used, and we need the names of your runners with your entry form. Scratches, changes, additions and deletions will be allowed at the check-in table the day of the race. Please use www.timetoenter.com to submit your entries by Monday September 21st!!!

APPROXIMATE TIME:

Wednesday Spet. 23, 2015	
Girls Middle School	4:45pm
Boys Middle School	5:25pm
Awards	6:00pm
Thursday	
Girls High School Race	4:45pm
Boys High School Race	5:25pm
Awards	6:00pm

ENTRY FEES:

Girl's High School Team	\$45.00
Boy's High School Team	\$45.00
Both Boy's & Girls Team	\$80.00
Individual high school runners with no team	\$10.00 per runner
Girls Middle School Team	\$45.00
Boys Middle School Team	\$45.00
Both Boys and Girls Middle School Team	\$80.00
Individual junior high runners with no team	\$10.00 per runner

AWARDS:

Girls High School Team	1 st , 2 nd and 3 rd	place trophy
Boys High School Team	1 st , 2 nd and 3 rd	place trophy
Individual Girls & Boys High School		1-25 medals
Girls Middle School Team	1 st , 2 nd and 3 rd	place trophy
Boys Middle School Team	1 st , 2 nd and 3 rd	place trophy
Individual Girls & Boys Middle School		1-25 medals

Thanks and we look forward to seeing you!!!!

Shawn Wheeler
 Athletic Director/Meet Director
gwcoachwheeler@gmail.com

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Directions to Meadowood Park:

Coming from Charleston Area:

Coming from I-64 West Bound, take the Kanawha Turnpike Exit #55 and follow Kanawha Turnpike for approximately 1.25 miles. Kanawha Turnpike will turn into Lincoln Drive for about 1.5 miles. Lincoln Drive turns into Upton Creek/Smith Creek Road for 3.5 miles. Continue on County Route 9 for 2.25 miles and make a right onto Upper Falls Road just before the Coal River Bridge.

Coming From the Huntington Area:

Coming from I-64 East bound take the St. Albans Exit # and at the end of the exit ramp make a Right onto Winfield Road (Rt 35) and go to the 2nd Stop Light . Go straight through the light onto West Main St and go 2.4 miles to the Flashing Red Light. Make a right onto Coal River Road and go 5.2 miles. Make a left at County Route 9/Junction County Route 3, after you cross the bridge make a left onto Upper Falls Road.