



Dear Coaches,

After talking about it for the past two years and testing different lighting systems, Cabell Midland will transform the “St. Mary’s Medical Center XC Festival” to an evening/night meet. We will be using the football, baseball, softball, soccer, and tennis stadium lights along with 12 Diesel Portable Lighting Towers that will light up the entire 5K course.

Preston High School was the first West Virginia XC program to host a night meet with a 4 person relay style race on a 1.5 mile course. The Preston “Knight Night Relays” has had great reviews and we feel the uniqueness of racing in the evening/night is an opportunity that the runners will thoroughly enjoy. Also, for the past several years, our meet has had extreme heat, so racing in the evening/night will hopefully give the runners a break from these extreme conditions.

St. Mary’s Medical Center XC Festival Meet Schedule

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

6:55pm Middle School boys(6th, 7th, & 8th grades only) (*Unlimited 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*)

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

Complete details can be found on www.midlandrunning.com under the St. Mary’s XC Festival link.