



Dear Coaches,

Just a reminder that the St. Mary's Medical Center XC Festival deadline is fast approaching and we want to make sure no teams is left out, especially with the opportunity to race "Under Lights" on September 5th. The entry deadline is this coming Saturday (August 29th) by noon. We already have close to 90 teams and over 1000 runners registered.

For complete details, go to www.midlandrunning.com and click on the St Mary's XC Festival link. Click on the meet info tab at the top for entry information along with other pertinent information.

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

Hope to see you September 5th and also the Best of Luck this XC season

C. Parsons
(Cabell Midland)