



October 1st 2016

Bible Center Church

100 Bible Center Drive Charleston, WV 25309

7:00 Course Open for Tour

8:00 High School Boys Race

8:45 High School Girls Race

9:30 Middle School Boys Race

10:00 Middle School Girls Race

10:30 Open 5k Trail Race

Awards to follow

Course: High school and open races will be 5,000 meters. Middle school races will be 3,000 meters. The course is a mix of hills and flat sections and ran mostly on grass and dirt. Course maps are available at <http://goo.gl/un7SvG>

Register: High school and middle school teams must register at www.timetoenter.com. Entry fee for high school teams is \$40 per team (\$80 for both boys and girls), middle school teams is \$30 per team (\$60 for both boys and girls).

Those interested in competing in the Open 5k trail race should contact Athletic Director Scott Whoolery at swhoolery@biblecenterchurch.com for more details.

HS and MS Awards: Top 10 finishers will get a medal, 11-20 will receive a ribbon, and team trophies will be awarded for 1st and 2nd places.

Open Race Awards: 1st and 2nd medals for each age division.