

Dear Coaches:

John Adams Middle School is proud to be the host school of the 2016 Kanawha County Middle School Cross Country Championships. The meet will be held at Meadowood Park in Tornado on Monday October 17, 2016. This course is very spectator friendly. Close Parking will be limited. The meet will be sanctioned by the WVSSAC.

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. Please use www.racetimentry.com to submit your entries by Monday October 10, 2016 at 4:00pm.

APPROXIMATE TIME:	Girls Middle School Race 4:00pm
	Boys Middle School Race 4:30pm
	Awards for both races about 15-20 minutes after the Boys Race
AWARDS:	Girls High School Team 1 st Place Trophy
	Boys High School Team 1 st Place Trophy
	Individual Girls & Boys High School 1-10 medals

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

Shawn Wheeler

Athletic Director

George Washington High School

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