



Dear Coaches,

Cabell Midland will host the "St. Mary's Medical Center XC Festival Under Lights" this coming season on September 3<sup>rd</sup> 2016 (Saturday). We will be using the football, baseball, softball, soccer, and tennis stadium lights along with 15 (12 last year) Diesel Portable Lighting Towers that will light up the entire 5K course.

Last year was a huge success, especially NOT dealing with the direct hot sun beating down on the course. The Saucony Shoe Company along with Robert's Running Shop will team up again this year to provide many extras for our visiting athletes during the meet.

**When:** September 3<sup>rd</sup> (Saturday)

**Where:** Cabell Midland High School

**Entry Fee:** **Varsity** \$90.00 per Girls or Boys (\$150.00 for both) (Maximum of 7 runners)

**Free** Junior Varsity Team Girls or Boys team with varsity entry with unlimited runners  
\$20 per individual runner

**Middle School** \$65.00 per Girls or Boys Team. (\$95.00 for both)  
(Unlimited Runners)

\$15 per individual runner

Make checks payable to "**Cabell Midland Athletic Boosters**"

***Checks must be received in the mail by Thursday (September 1st)***

**Entries:** All entries must be submitted on [www.RaceTimeEntry.com](http://www.RaceTimeEntry.com). It's FREE, fast, and easy to use. Also, RaceTimeEntry will be used at all Regional meets.

**Entry Deadline August 27<sup>th</sup> (Saturday) by noon.**

**Send entry**

**checks to:** Cabell Midland High School  
**ATTN: Chris Parsons**  
**2300 Route 60 east**  
**Ona, WV 25545**

<b><u>Awards:</u></b>	<b>Varsity Teams</b>	<b>1-5</b>	<b>Individuals</b>	<b>1-40 custom medals</b>
	<b>Junior Varsity</b>	<b>1-3</b>	<b>Individuals</b>	<b>1-30 custom medals</b>
	<b>Middle School</b>	<b>1-5</b>	<b>Individuals</b>	<b>1-40 custom medals</b>
	<i>32 Team Awards</i>		<i>300 Individual Medals</i>	

## **New Meet Schedule**

- 6:00pm** JV Middle School Combined (boys & girls) *(Unlimited per team)*
- 6:30pm** Middle School Varsity girls(6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grades only) *(Max of 10 runners per team)*
- 6:55pm** Middle School Varsity boys(6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grades only) *(Max of 10 runners per team)*
- \*Awards for Middle School following the boys race in end zone bleachers\***
- 7:20pm** High School JV (both classes) Girls *(Unlimited runners per team)*
- 8:00pm** High School JV (both classes) Boys *(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\***

For further information contact Coach Parsons at [xcfestival@gmail.com](mailto:xcfestival@gmail.com)

Good Luck this Season ... *Coach Chris Parsons*