



Dear Coaches,

Cabell Midland will host the “St. Mary’s Medical Center XC Festival Under Lights” this coming season on September 3rd 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. Brooks 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.

St. Mary’s Medical Center XC Festival Under Lights Meet Schedule

- 6:00pm** JV Middle School Combined (boys & girls) (**Unlimited runners per team**)
- 6:30pm** Middle School Varsity Girls(6th, 7th, & 8th grades only) (*Max of 10 runners per team*)
- 6:55pm** Middle School Varsity Boys(6th, 7th, & 8th 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 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 will be updated soon on www.midlandrunning.com under the St. Mary’s XC Festival link.

Any questions, contact, Coach Chris Parsons, at coachparsons@yahoo.com