

ATTENTION FOR FRIDAY'S VISIT TO CABELL MIDLAND HIGH SCHOOL

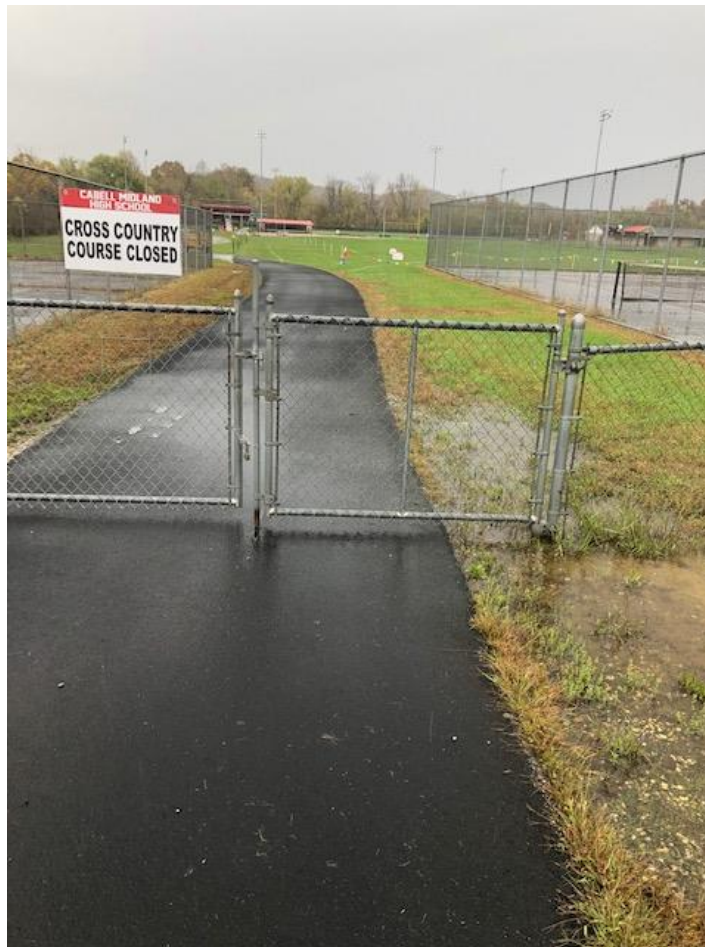
Due to the rain Cabell Midland got Wednesday night & all the **HEAVY** Rain Cabell Midland is getting Thursday, the Cross Country course will be closed on Friday to help preserve it for Saturday's Championship races. Allowing runners to warm-up on it Friday will destroy it for Saturday's races. It's not ideal, but it is best for the runners competing on Saturday for a Championship event.

The track and school asphalt grounds will be open for teams to warm-up on Friday. However, between 2:30-3:30pm, warm-up will be restricted to the track half of school grounds due to Cabell Midland dismissal traffic. You cannot run around the school loop because there are buses & vehicle traffic on the school side of campus. Any time before 2:30pm & after 3:30pm, ALL the School Asphalt roads will be open.

Plan your arrival time around the 2:30-3:30pm time frame to avoid heavy traffic because of school dismissal. Also, Friday buses do NOT drive around the back of school or park in that area. Buses park over at the track in the gravel area or in big student lot empty spaces. Visiting vehicles, park in big student lot.

Teams can put up their tents on Friday in Tent City, but **NOBODY** allowed on the actual XC course.

We wanted to give everybody an early head's up, so they can plan their day accordingly.



Picture taken early Thursday morning. Heavy rains expected all day Thursday.

Staying off course Friday & with weather drying up, the course should be in good shape for Saturday's races.