

State Meet Qualifiers information

Congratulations on qualifying for the 2019 WV State Cross Country Championship to be held on November 2nd at Cabell Midland High School.

Cabell Midland will be serving as your host and we want to make sure every state meet qualifier is informed about Friday and Saturday events. All information about the 2019 WV State Cross Country Championship can be found on www.midlandrunning.com at the top of the page where it says state meet. Click on state meet along with the sub-links about the upcoming state meet.

If your school qualified as a team, all team members are allowed to get in free to the meet, but must appear on the WVSSAC eligibility sheet. If your school only qualified individuals or an individual, then only that runner is permitted in the state free along with the coaches. All other team members of individual qualifiers must pay the state meet admission fee.

All qualifying schools must email the names of each coach that is registered with the WVSSAC office as a Cross Country coach to wvstatemeet@gmail.com by Tuesday, October 29th. We will compile a list and the coaches will check in at the gate for free admission. The coach's name must appear on the list for free admission.

State meet qualifier names will appear on runwv on Saturday. Please check the list for any name corrections and if you have a corrections, email them to Marshall Cavender mcavender@mail.kana.k12.wv.us by Saturday evening, October 26th, so names appear in state meet program correctly.

State Meet Program Ad's are due by noon on Monday, October 28th. Contact alice.goodwin@wvssac.org for details.

Packet Pick-up: Friday in Small gymnasium. Saturday at stadium outside Red Track Building on patio along fence line. **ALL schools must have a filled out WVSSAC rooming list in order to receive your team packet. If you are not staying in a Hotel room, fill out top portion & write NONE below in the room list area.**

Please inform spectators that the admission price is \$8.00 for Adults and \$7.00 for students. The price is set by the WVSSAC and NOT Cabell Midland High School. Also inform spectators that ALL gate admission goes directly to running this meet and NO profits are made from it.

On FRIDAY, if the course is too wet, we will close the course on Friday to ensure BEST course conditions for Saturday's races. It's not ideal, but it is best for Saturday's Championship races. Everybody must abide by this rule & stay off the entire course. Closed course signs will be placed on the course if closed. The track area will be open for Friday's warm-ups.

If you have any questions contact Coach Chris Parsons at wvstatemeet@gmail.com or 304-417-1494.

We are looking forward to your visit to Cabell Midland on November 1st & 2nd and we will do everything possible to make next week's WV State Championship a great experience for everybody.

Best of Luck

Coach Parsons
(Cabell Midland XC Coach & Athletic Director)