



Cabell Midland will be altering the St Mary's XC Festival that we are hosting on September 5th due to the Pandemic with the Covid-19 virus. We have to put the safety of individuals first and not be a spreading ground for the virus.

The Middle School Division is cancelled and we will have to limit the entries of the high school division. The Meet schedule will now have an early morning start. We will be sending out details soon about our meet after specific guidelines have been released.

We apologize for any inconvenience, but due to these unprecedented times, we must do our part to ensure the safety of the public at Cabell Midland High School.

Mask up, wash your hands, use proper social distancing, and Stay SAFE.

C. Parsons (Cabell Midland AD & Cross Country coach)