

# NCHS FRANK YOUNG MEMORIAL @ BATTLE RUN

The Nicholas County High School cross country team would like to invite all schools to the state's most challenging course ([We are bringing a new challenge in 2020!](#)) This course is the most scenic and spectator friendly in the region.

Attention- Due to the ever-changing concerns associated with the Covid-19 virus, NCHS will follow all recommendations to ensure a safe and fun event for all athletes. As the date approaches, I will update competing teams on whatever changes may apply.

1. We will be limiting starting waves to 35 runners and start each wave 5 minutes apart using electronic timing methods. We will be asking coaches to enter their varsity runners in the first waves and allow JV participants to start in the later waves.
2. Spectators will be asked to socially distance per state and local guidelines
3. Per the WVSSAC, there will be no post-race awards ceremony, teams are requested to return to their transportation following the race and the awards will be mailed to each school to comply with the guidelines.

**Date:** Tuesday, September 22, 2020

**Times:** 2:30 – 3:30 Course shown<sup>2</sup>

3:30 Middle School Girls

4:15 Middle School Boys

5:00 High School Girls

5:45 High School Boys

\*TIMES ARE APPROXIMATE – With the wave starting, times may vary by 15-20 minutes, causing the need to have an early start for MS.

**Where:** Battle Run Beach Area (Rt. 129 – Follow Signs to Battle Run)

--Coming N. on Rt. 19 (From Beckley), make a left on Rt. 129 at Mt. Nebo (U-Save/Dollar General red light) and follow Rt. 129 approximately 4.3 miles and turn Right at "Battle Run" sign. Proceed to parking area as directed by volunteers.

--Coming S. on Rt. 19 (From Braxton), make a left on Rt. 129 at Mt. Nebo (U-Save/Dollar General red light) and follow Rt. 129 approximately 4.3 miles and turn Right at "Battle Run" sign. Proceed to parking area as directed by volunteers.

**Awards:** Team – 1<sup>st</sup>, 2<sup>nd</sup> HS Boys & Girls

1<sup>st</sup>, 2<sup>nd</sup> Middle School Boys & Girls

HS & MS Individual Awards: 1<sup>st</sup> thru 15<sup>th</sup>

**Entry fee:** \$50 per team (\$100 boys & girls) / Additional \$1.00 per runner over 10 entrants per race

Make Checks Payable to: Nicholas County High School

Mail to: NCHS  
30 Grizzly Lane  
Summersville, WV 26651  
Attn: NCHS XC

**Course:** \*\*\*Varied, Grass and Wooded Trails, One steep mountain of a hill and several smaller hills

\*\* If you know of other teams that are interested, please encourage them to call.

Please enter **by September 11th**. We are going to score by computer, please list all possible runners.

**Preferred method of entry -- RaceTimeEntry.com**

Questions may be addressed to head coach Dave Irvin

[wwirvin@gmail.com](mailto:wwirvin@gmail.com) or 304.880.0783

***\*Please inform your athletes that t-shirts will be sold, pending WVSSAC guidance.***