

2021 Kanawha County HS Championships

Date: Thursday, October 14th, 2021

Location: Meadowood Park - Tornado, WV

Race Times: HS Girls 5K - 4:30pm
HS Boys 5K - 5:15pm

Inv. Teams: Capital, Charleston Catholic, George Washington, Herbert Hoover, Nitro, Riverside, Sissonville, South Charleston, St. Albans

Entry Fees: \$50 per team **OR**
\$90 for both a boys and a girls team **OR**
\$10 per individual (for incomplete teams)
➤ Please make checks payable to SAHS - Cross Country. Payment can be turned in at the meet or mailed ahead of time to: 40 Jackson Street, St. Albans, WV 25177.

Entries: Assuming no additional guidance is given for COVID protocol, there will not be a limit on the amount of entries per team. Scoring will follow the normal cross country format (1-5=scorers, 6-7=displacers). Please register at <https://www.RaceTimeEntry.com> no later than **Monday, October 11th**.

Timing & Results: Appalachian Timing Group will be providing chip-timing for the meet. Results and photos will be posted at <https://www.APTiming.com>.

Awards: An awards ceremony will follow the conclusion of the boys race.
➤ Medals for the top-20 individuals (B&G)
○ 1st-10th = 1st Team All-County
○ 11th-20th = 2nd Team All-County
➤ Trophies for 1st and 2nd place teams (B&G)

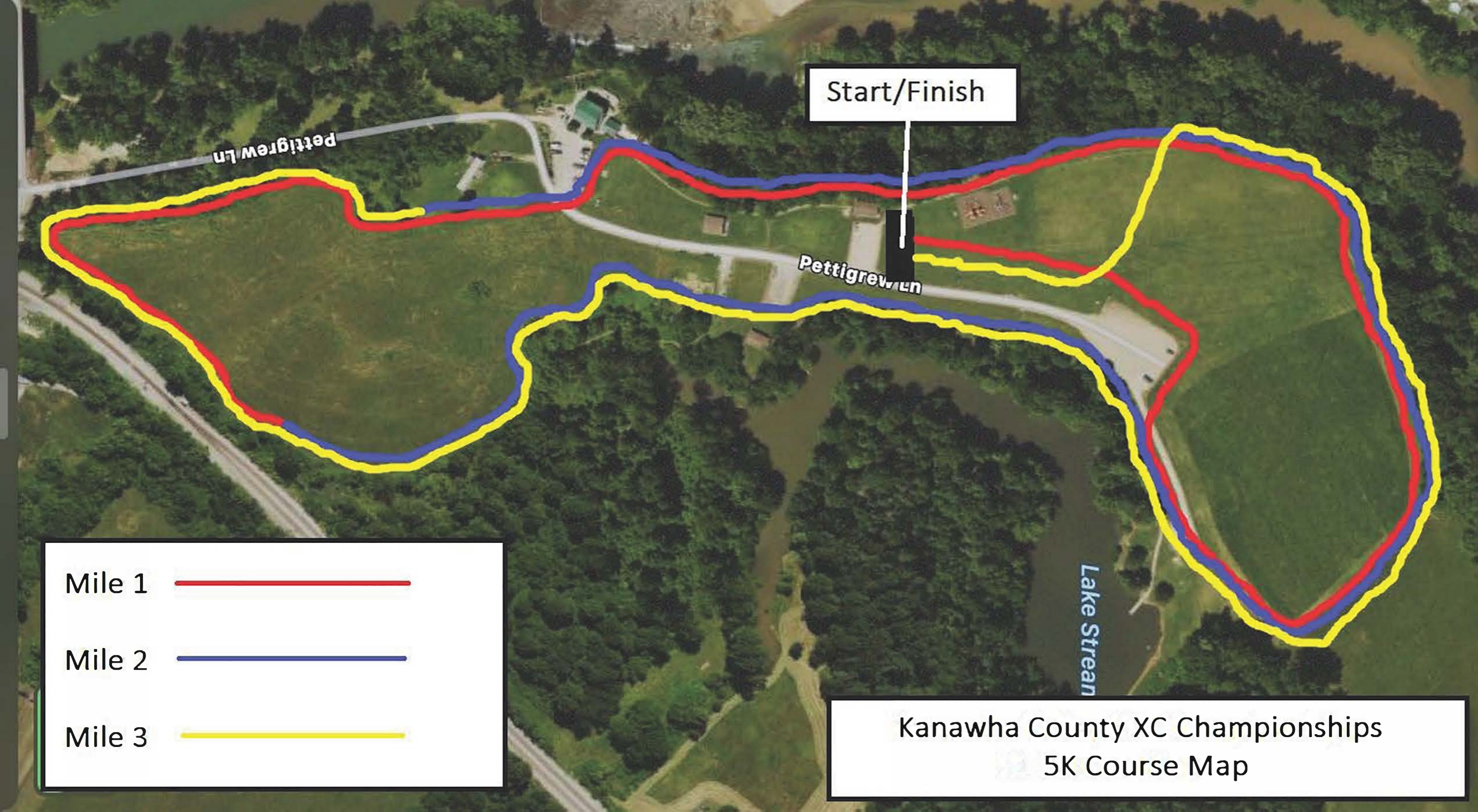
Parking: Volunteers will be assisting with parking. There will be a \$5 admission fee per car for spectators. Coaches and athletes will be admitted for free.

Tents: There will be a designated area behind the starting line area where teams can set up their tents.

Coach's Meeting: There will be a brief coach's meeting at the starting line area at 4pm. Upon arrival, you can pick up your coach's packet from the starting line area, which will include your athletes chip-timing bib numbers, course maps, and other details about the meet.

Course: This is a looped course run almost entirely on grass with some rolling hills throughout. It's very spectator friendly! The course map is attached. Current course records are: 17:09.0 (Colin Simmons, Nitro HS - 10/14/20) and 20:33.4 (Colette Lindley, Woodrow Wilson HS - 10/22/20).

Please reach out to Coach Josh McClung (St. Albans HS) at 304-993-9329 or jmcclung@mail.kana.k12.wv.us with any questions.





Start/Finish


Pettigrew Ln

Pettigrew Ln

Lake Stream

Mile 1 

Mile 2 

Mile 3 

Kanawha County XC Championships
5K Course Map