

**THE PRINCETON INVITATIONAL HAS BEEN RENAMED THE  
LT. VANCE MEMORIAL INVITATIONAL SPONSORED BY THE  
BLUEFIELD FRATERNAL ORDER OF POLICE**

**AWARDS**

**We will be placing the top 20 individuals in each category and 1<sup>st</sup> and 2<sup>nd</sup> place team awards.**

**DIRECTIONS**

Take Exit 9 off Interstate 77  
Turn right onto US-460 towards Bluefield  
In 3.5 miles turn right onto Ingleside Road  
In 0.3 miles turn left on to Stafford Drive  
At end of the road, turn left onto Courthouse Rd  
Continue 1.5 miles and veer right onto Glenwood Park Rd  
At the stop sign keep straight towards the 4-H buildings

**PARKING**

Parking is available at Glenwood Park near the 4-H side. A charge of \$5.00 a carload will be the admission to the event.

**TSHIRTS**

T-shirts will be sold for \$15 size small through xl and \$18 for 2X and 3X sizes.

**TIMING**

Timing will be through Appalachian Timing Company with the results on [aptiming.com](http://aptiming.com)

**COURSE MAP**

<https://www.alltrails.com/explore/recording/afternoon-hike-dd77279--198?p=-1>

**3:00 Course Inspection**

**4:00 Middle School Girls**

**Projected time 4:40**

**Middle School Boys**

**Projected time 5:20**

**High School Girls**

**Projected time 6:00**

**High School Boys**

**We will be on a rolling schedule**

**SCHOOLS**

**Bluefield High, James Monroe High, Oak Hill High, Liberty High, PikeView High, Princeton High, Summers County, Westside, Wyoming East**

Eastern Greenbrier, Mullens, Oak Hill, Park, PikeView, Princeton, Pineville, Saint Francis DeSales, Summers

High School Course is as shown

Middle School Course is the same except eliminate path into the wooded area.

The screenshot shows the AllTrails website interface for a hiking course. The main map displays a red route around a lake in Glenwood. The stats sidebar on the left provides the following information:

- PHS Cross Country Course** (Hiking, 4 stars, September 30, 2021)
- Stats:** Distance 3.11 mi, Elevation Gain 174 ft, Moving Time 1:31:49, Avg Pace 29:31, Calories 1,317, Total Time 1:44:45.
- Splits:**

Miles	Pace	Elev Gain
1.0	33:06	39 ft
2.0	27:48	66 ft
3.0	26:45	62 ft
3.1	37:42	10 ft

The elevation profile at the bottom shows the route's elevation in feet, ranging from 2,392 ft to 2,492 ft over a distance of 3 miles.