



Dear Coaches,

Cabell Midland will host the "St. Mary's Medical Center XC Festival Under Lights" on September 4th 2021 (Saturday). We will be using the football, baseball, softball, soccer, and tennis stadium lights along with 18 Diesel Portable Lighting Towers that will light up the entire 5K course.

Last year was a challenging Covid season and the meet was limited and during the day. Our hopes the meet returns to the evening/night and no restrictions return before our meet on September 4<sup>th</sup>. Robert's Running Shop and Orangetheory will provide many extras for our visiting athletes during the meet.

**When:** September 4th (Saturday)

**Where:** Cabell Midland High School

**Entry** **Varsity** \$90.00 per Girls or Boys (\$150.00 for both) (Maximum of 7 runners)

**Fee:** **Free** Junior Varsity Team Girls or Boys team with varsity entry with unlimited runners  
\$25 per individual runner

**Middle School** \$70.00 per Girls or Boys Team. (\$100.00 for both)  
(Unlimited Runners)

\$25 per individual runner

Make checks payable to "**Cabell Midland Athletic Boosters**"

***Checks must be received in the mail by Friday (September 3rd)***

**Entries:** All entries must be submitted on [www.RaceTimeEntry.com](http://www.RaceTimeEntry.com). It's FREE, fast, and easy to use. Also, RaceTimeEntry will be used at all Regional meets.

**Entry Deadline August 28<sup>th</sup> (Saturday) by noon.**

**Send entry  
checks to:**

**Cabell Midland High School  
ATTN: Chris Parsons  
2300 Route 60 east  
Ona, WV 25545**

<b><u>Awards:</u></b>	Varsity Teams	1-4	Individuals	1-30 custom medals
	Junior Varsity	1-3	Individuals	1-20 custom medals
	Middle School	1-4	Individuals	1-30 custom medals
	JV Middle School	1st	Individuals	1-10 custom medals
	32 Team Awards			320 Individual Medals

## **Meet Schedule**

- 6:00pm** JV Middle School Combined (boys & girls) *(Unlimited per team)*
- 6:30pm** Middle School Varsity girls(6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grades only) *(Max of 10 runners per team)*
- 6:55pm** Middle School Varsity boys(6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grades only) *(Max of 10 runners per team)*  
**\*Awards for Middle School following the boys race in the gymnasium\***
- 7:20pm** High School JV (both classes) Girls *(Unlimited runners per team)*
- 8:00pm** High School JV (both classes) Boys *(Unlimited runners per team)*
- 8:35pm** AA-A High School Varsity Girls (Small schools) *(Max of 7 runners per team)*
- 9:15pm** AA-A High School Varsity Boys(Small schools) *(Max of 7 runners per team)*  
**\*Awards for all High School races above following AA-A boys race in gymnasium**
- 9:50pm** AAA High School Varsity Girls (Large schools) *(Max of 7 runners per team)*
- 10:30pm** AAA High School Varsity Boys (Large schools) *(Max of 7 runners per team)*  
**\*Awards for AAA Varsity races following completion of boys race in gymnasium**

For further information contact Coach Parsons at [coachparsons@yahoo.com](mailto:coachparsons@yahoo.com)

Good Luck this Season ... *Coach Chris Parsons*