

2022 Coal River Classic

Hosted by St. Albans HS, McKinley MS, and Hayes MS

Date: Wednesday, September 21st, 2022

Location: Meadowood Park - Tornado, WV

Schedule: MS Girls - 4:30pm
MS Boys - 5:00pm
MS Awards - 5:30pm
HS Girls - 5:45pm
HS Boys - 6:15pm
HS Awards - 6:45pm



Entry Fees: \$50 per team **OR**
\$90 for both a boys and a girls team **OR**
\$10 per individual (for incomplete teams)

Checks should be made payable to **St. Albans High School** with "**Cross Country**" in the memo line. These can be turned in at check-in or mailed ahead of time to:

St. Albans High School
Attn: Cross Country
2100 Kanawha Terrace
St. Albans, WV 25177

Entries: Due to the availability of parking at the park, there will be a limit on the number teams entered for each race. If you are interested, please email Coach Josh McClung at jmclung@mail.kana.k12.wv.us ASAP with your team(s) and estimated entries to reserve your spot. Coaches will be emailed info about how to submit entries at a later date.

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

Awards: Medals for the Top-15 individuals in each race
Trophies for 1st and 2nd place teams in each race

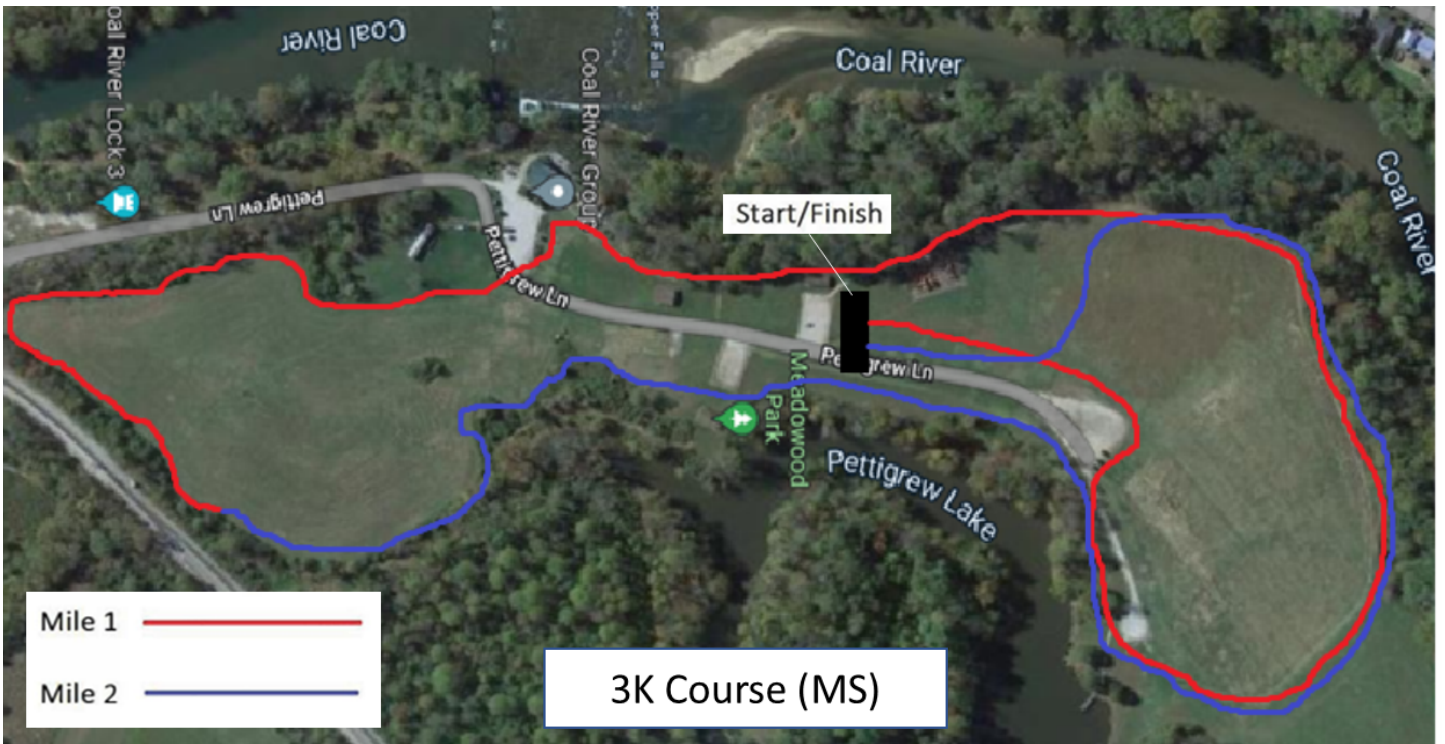
Parking: Volunteers will be assisting with parking. There will be a \$5 admission fee per car for spectators. Coaches and athletes will be admitted for free. There will be a parking lot near Tent City reserved for coaches.

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

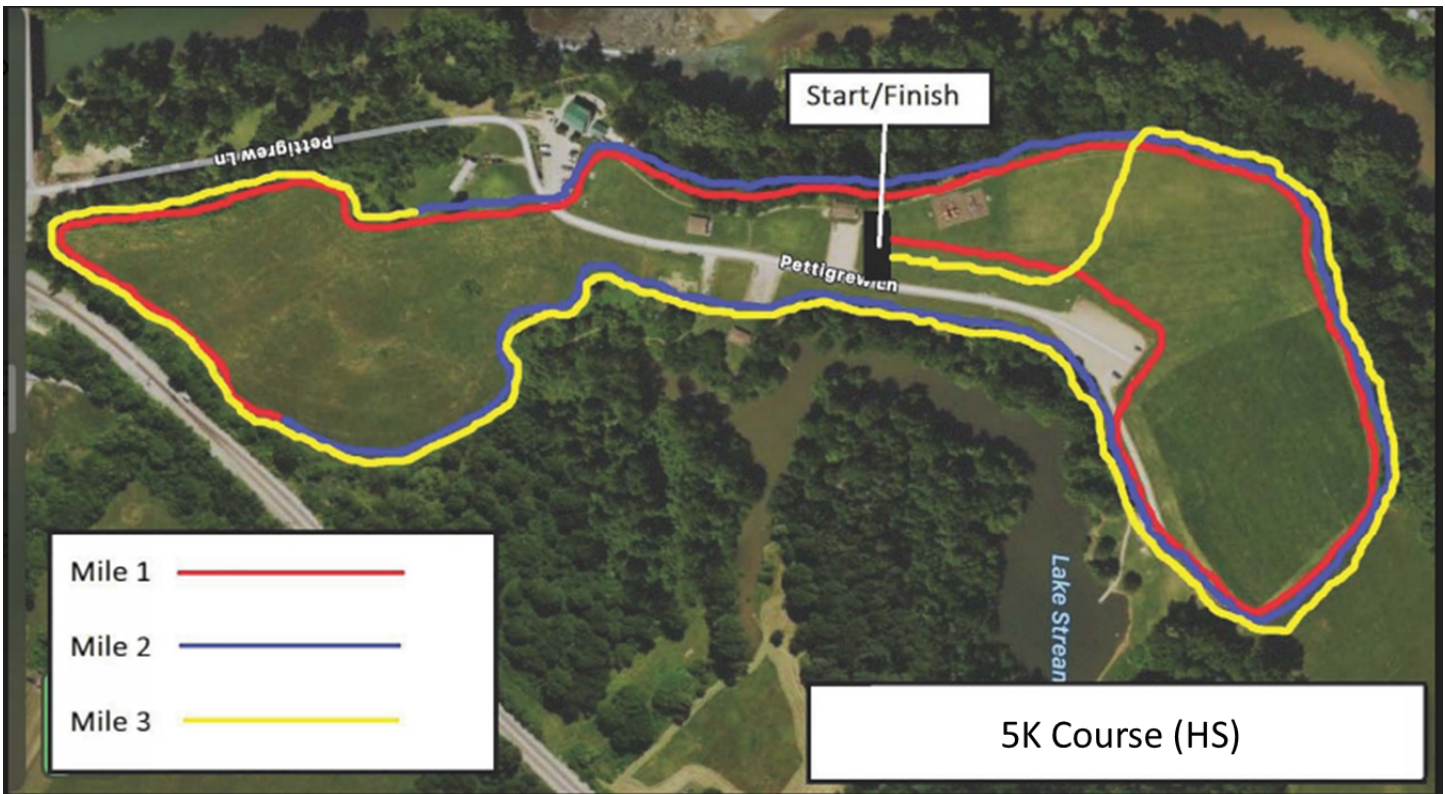
Check-In: Coaches can pick up their team packets containing bib numbers and course maps upon arrival at the blue check-in tent near the picnic shelter. Athletes should report to the starting line 10 minutes before their race to check-in with the Meet Director.

Course: This is a looped course, run almost entirely on grass, with two brief gravel road crossings. There is a ~300m, very gradual hill about ¾ mile into the race, which runners will climb once on the middle school course and twice on the high school course. Outside of that, this is a relatively flat and fast course. It's very spectator friendly!

Middle School 3K Course Map



High School 5K Course Map



We look forward to seeing you on Wednesday, September 21st! Please reach out to Coach Josh McClung at **304-993-9329** or jmcclung@mail.kana.k12.wv.us with any questions.