

2022 JOHN ADAMS MIDDLE SCHOOL CROSS COUNTRY INVITATIONAL



John Adams Middle School would like to invite you to the **2022 John Adams Middle School Cross Country Invitational** at Camp Virgil Tate in Kanawha County on Saturday, October 1st. Race timing will be provided by AP Timing. Please submit all entries via RaceTimeEntry.com no later than noon on Wednesday, September 28th.

- When:** Saturday, October 1st (Middle School)
- Where:** Camp Virgil Tate
1400 Co Rte 7/3
Charleston, WV 25312
- Schedule:** 10:00 AM – Girls Race
10:30 AM – Boys Race
- Awards:** Medals for top ten individuals; trophies for top two teams
- Entry Fee:** \$50 per team; \$90 for both boys/ girls teams (make checks payable to JAMS Cross Country)
- Admission Fee:** \$5 for all spectators
- Entry Method:** RaceTimeEntry.com
- Parking:** Parking and tent area will be to the right of the park entrance.
- Directions:** **From Charleston:** Take I-77 N to exit 111 (Walker Dr.); turn left off exit, continue onto Call Rd.; turn right onto Sissonville Drive; turn left onto WV-622 S; follow for 4 miles, then turn right onto Camp Virgil Tate Road.
- From North:** Take I-77 S to exit 114 (WV-622 Pocatalico); turn left off exit onto WV-622 S/Sissonville Drive; Follow WV-622 S, which turns right and becomes Martins Branch Road; after 3 miles, turn left as WV-622 S becomes Rocky Fork Road; turn right onto Camp Virgil Tate Road.
- Course:** Course maps will be included in the race packet and posted to runwv.com. The course is a mix of hills, trails and open fields with one road crossing.
- Questions/Contact:** **Coach Brooks Crislip**
brookscrislip@hotmail.com
304-542-6802

JOHN ADAMS MIDDLE SCHOOL INVITATIONAL COURSE MAP



-  Start
-  Finish
-  Packet Pick-Up
-  Team Tents
-  Parking
-  Admission



COURSE DESCRIPTION: The start and finish are in a flat, open field. The remainder of the course covers mixed terrain including a section of hilly, wooded trails with grass and some gravel on the flat sections. Brief road crossings with approximately 300 total feet of pavement.

Elevation

Start **604 ft** Max **796 ft** Gain **267 ft**

Click and drag over a section to get elevation data

