

Nitro Convention & Visitors Bureau XC Invitational

WHEN: Saturday, October 8, 2022

WHERE: Ridenour Lake - Nitro, WV

Course: Grass, gravel road, woods, creek crossing, wood bridge, single track section that is rocky/roots, small road crossing.

TEAMS: Only Accepting 10 teams per race.

SCHEDULE:

8:00 a.m. Course Tour

9:00 a.m. HS Boys Race

9:45 a.m. HS Girls Race

10:30 a.m. MS Girls Race

11:00 a.m. MS Boys Race

AWARDS after high school races and middle school races.

AWARDS: Top 20 individual runners in each middle school and high school race.

ENTRY FEE: \$50.00 for one team \$100.00 for both girls and boys

Please make checks to Nitro High with XC in the memo. Entry fees may be brought to the meet or mailed to Nitro High School, 1300 Park Ave, Nitro, WV 25143

ENTRY DEADLINE: by noon October 7th . Entries will be done on

www.racetimentry.com

Questions: Contact Chrystal Legros (304)932-8650 or clegros@mail.kana.k12.wv.us