

2022 Kanawha County High School XC Championships

Date: Thursday, October 13th, 2022

Location: Meadowood Park - Tornado, WV

Race Times: Girls - 4:30pm

Boys - 5:15pm

- Athletes should report to the starting line 10 minutes prior to the start of their race to check-in.

Inv. Teams: Capital, Charleston Catholic, George Washington, Herbert Hoover, Nitro, Riverside, Sissonville, South Charleston, and St. Albans

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 out to **St. Albans High School - Cross Country**, and can be turned in at check-in or mailed ahead of time to:
St. Albans High School
Attn: SAHS Cross Country
2100 Kanawha Terrace
St. Albans, WV 25177

Entries: There will not be a limit on the amount of entries per team, however, scoring will follow the normal cross country format (1-5=scorers, 6-7=displacers). Please register at <https://www.RaceTimeEntry.com> no later than **Monday, October 10th**.

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: An awards ceremony will follow the conclusion of the boys race.

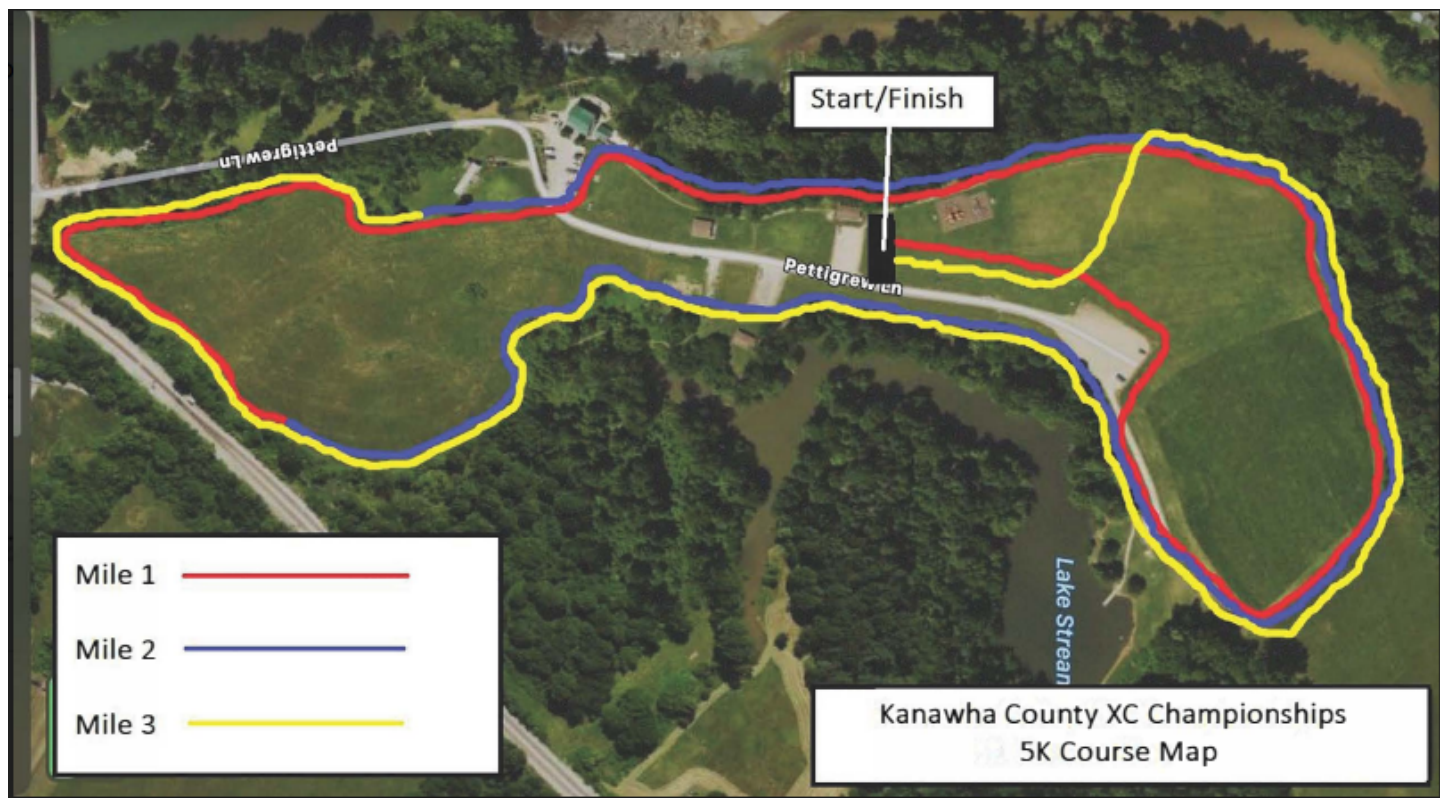
- Medals for the Top-20 individuals
 - 1st-10th = 1st Team All-County
 - 11th-20th = 2nd Team All-County
- Trophies for 1st and 2nd place teams
- Awards for Boys and Girls Coach of the Year (As voted on pre-race by fellow coaches)
- Awards for Runners of the Year (Awarded to the top finisher in each race)
- Awards for Freshmen of the Year (Awarded to the top freshman finisher 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.

Coaches Meeting: There will be a brief coaches meeting at the starting line at 4pm. Upon arrival, you can pick up your coaches packet from the check-in tent, which will include your athletes bib numbers, course maps, and a Coach of the Year ballot. Please bring your Coach of the Year ballots and any unused bib numbers to the coaches meeting.

Course: This is a looped course run almost entirely on grass with some rolling hills throughout. It's very spectator friendly! The current course records are 20:33.4 for HS girls (set by Colette Lindley of Woodrow Wilson on 10/22/20) and 17:09.0 for HS boys (set by Colin Simmons of Nitro on 10/14/20).



We look forward to seeing you on October 13th! Please reach out to Coach Josh McClung at **304-993-9329** or jmcclung@mail.kana.k12.wv.us with any questions.