

# 2023 JOHN ADAMS MIDDLE SCHOOL CROSS COUNTRY INVITATIONAL



John Adams Middle School would like to invite you to the **2023 John Adams Middle School Cross Country Invitational** at Camp Virgil Tate in Kanawha County on Tuesday, October 3<sup>rd</sup>. Race timing will be provided by AP Timing. Please submit all entries via RaceTimeEntry.com no later than 5:00 PM on Friday, September 29<sup>th</sup>.

- When:** Tuesday, October 3<sup>rd</sup> (Middle School)
- Where:** Camp Virgil Tate  
1400 Co Rte 7/3  
Charleston, WV 25312
- Schedule:** 4:30 PM – Girls Race  
5:00 PM – 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 map is attached and will be included in the race packet. The course is a mix of hills, trails and open fields with brief road crossings.
- 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	Max	Gain
<b>604 ft</b>	<b>796 ft</b>	<b>267 ft</b>

Click and drag over a section to get elevation data

