



Cabell Midland XC Course

All-Time Runners

The 2023 season saw 4 boys on current list improve their times and 4 new boys crack the All-Time Runners list. On the girls' side, one runner improved her time and 1 runner cracked the All-Runners list.

Congratulations to those runners.

Coach Parsons
(Cabell Midland XC Coach)