

Berkeley Springs Invitational
Cacapon State Park
818 Cacapon Lodge Dr., Berkeley Springs, WV, 25411
Saturday, September 16, 2023

The Berkeley Springs cross-country teams would like to invite your teams to our **17th annual Berkeley Springs Cross Country Invitational** at the beautiful Cacapon State Park.

This is a beautiful, yet challenging course. The race starts with a steep incline before leveling off and a downhill section to the 1-mile mark. The second- and third-mile feature nice hills along the paths of the park.

There will be a medical tent at the finish line sponsored by Valley Health War Memorial Hospital.

Time: 8:30 – 10:00 Check in/Course walk

9:15 Coaches' Meeting

10:00 High School Girls (top 7)

10:35 High School Boys (top 7)

11:10 Combined JV Race (boys and girls)

11:50 High School Awards Ceremony

Awards: Team – 1st and 2nd HS Boys & Girls

Individuals: 1st thru 15th boys and girls

11:15 Middle School Check in/Course Walk (JV runners may be on part of the course, please be respectful and step off of the course as they run their race.)

12:30 Middle School Girls

1:00 Middle School Boys

1:45 Middle School Awards Ceremony

Awards: Team – 1st and 2nd Middle School Boys & Girls

Individuals: 1st thru 15th boys and girls

2:15 Open Race (Information Below about the 5K Fun Run/Walk)

Register high school athletes on athletic.net by Saturday, Sept. 9

High School Entry fee: \$40 per team (\$80 boys & girls)

Mail checks to: Berkeley Springs High School

149 Concord Ave.

Berkeley Springs, WV 25411

For Middle School Entry fee and registration information, please contact Chip Breeden at Warm Springs Middle School (304) 258-1500 cbreeder@k12.wv.us

High School Contacts:

Athletic Director – Jason Smith - jason.smith@k12.wv.us

Coach – Ian Helmick – ihelmick@k12.wv.us

5K Fun Run/Walk

Cacapon Resort State Park 5K

The 5K Fun Run/Walk is open to anyone, except for school athletes who have run in the previous races that day. This will be run on the same course as our high school race!

Fun Run Registration:

<https://runsignup.com/Race/WV/BerkeleySprings/CacaponResortStatePark5K>

Entry Fee: \$20.00

Awards:

Open race awards: 1, 2, and 3 male and female.

Medical First Aid Tent at the Finish Line.

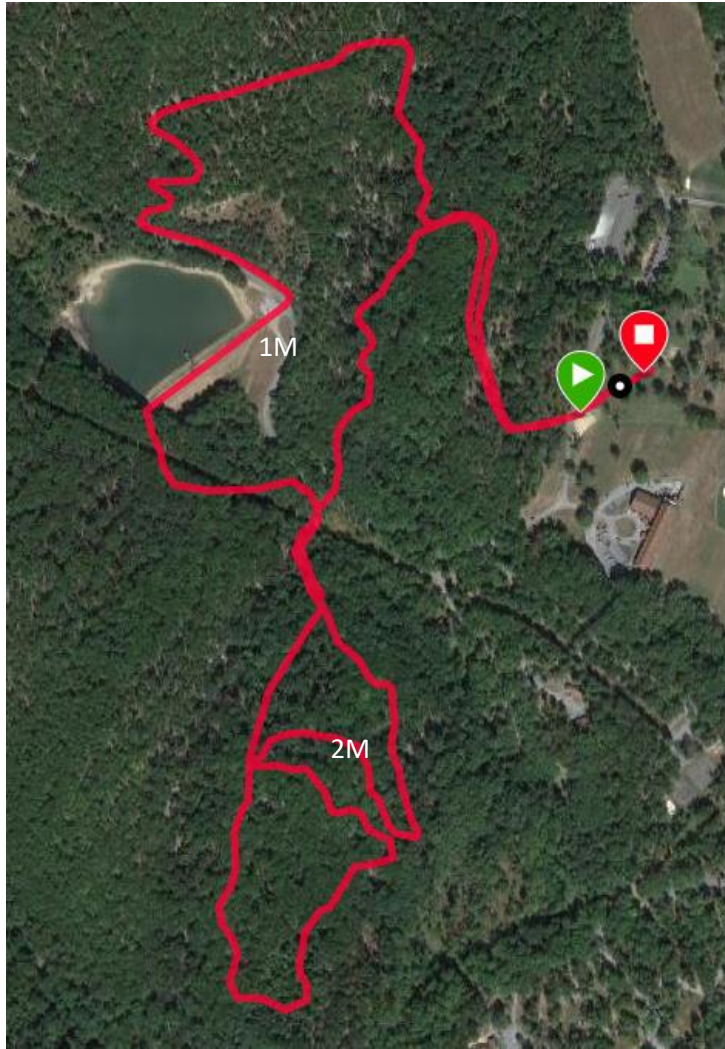
Sponsored by Valley Health War Memorial Hospital

PARKING

We strongly encourage athlete families and Fun Run/Walk Open Race participants to park in the picnic area.



Cacapon Resort State Park



Split	Elevation Gain	Elevation Loss
1	251	183
2	115	99
3	82	166

