

2023 Coal River Classic

(Hosted by St. Albans High School, Hayes Middle School, & McKinley Middle School)

Date: Wednesday, September 20th, 2023

Location: Meadowood Park - Tornado, WV

Schedule: MS Girls 3K - 4:30pm
MS Boys 3K - 5:00pm
MS Awards - Following completion of the MS boys race
HS Girls 5K - 5:45pm
HS Boys 5K - 6:30pm
HS Awards - Following completion of the HS boys race

Entry Fees: \$50 per team **OR**
\$95 for both a boys and a girls team **OR**
\$10 per individual (for incomplete teams)

Checks should be made payable to **St. Albans High School - Cross Country Boosters**. These can be turned in at check-in or mailed ahead of time to: St. Albans High School
Cross Country Boosters
2100 Kanawha Terrace
St. Albans, WV 25177

Entries: Due to the availability of parking at the park, there will be a **15 team limit** for each race. If you are interested, please email Coach Josh McClung at jmcclung@mail.kana.k12.wv.us with your team(s) and estimated entries to reserve your spot. Coaches will be emailed info about how to submit entries at a later date.

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: Medals for the Top-15 individuals in each race
Plaques for 1st and 2nd place teams in each race

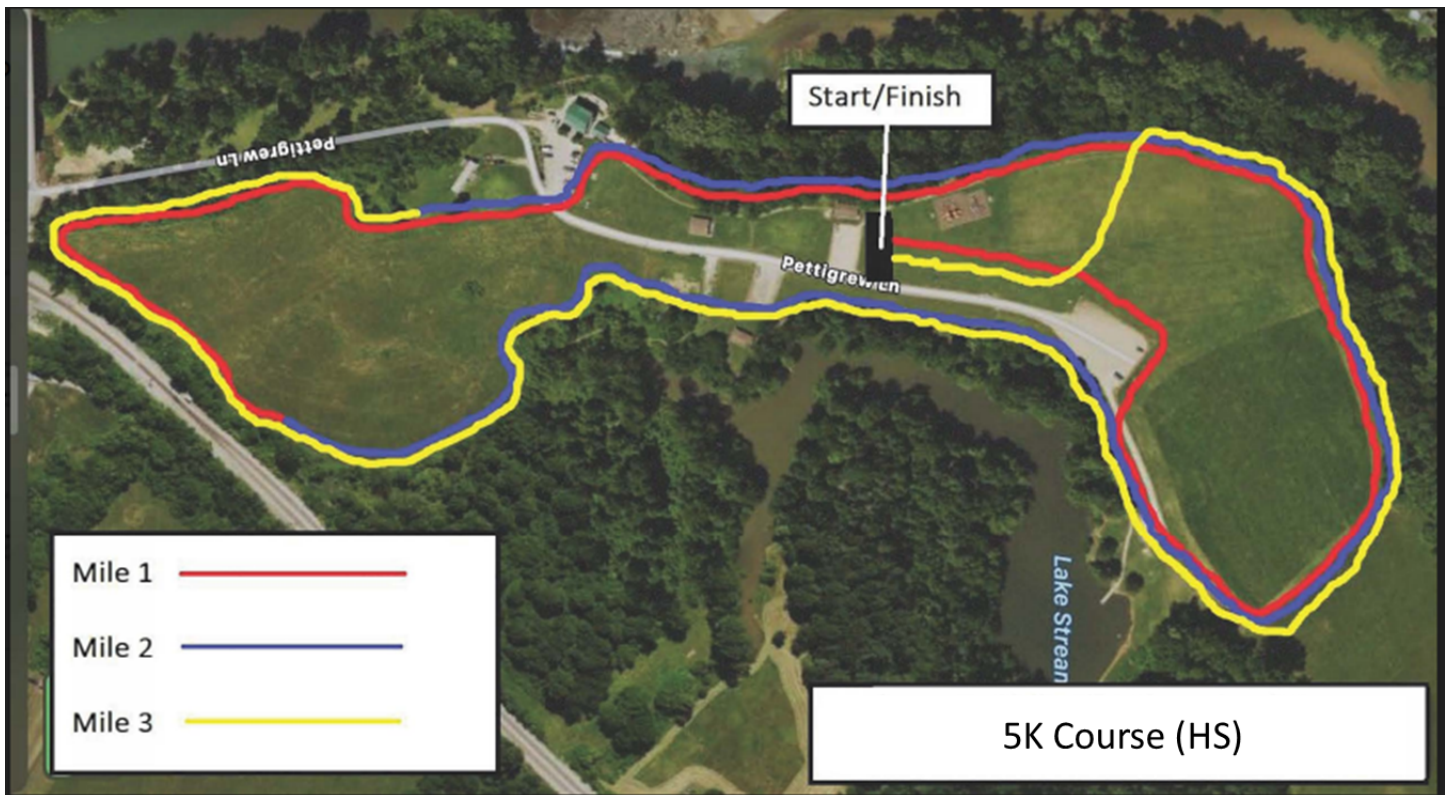
Parking: Volunteers will be assisting with parking. There will be a \$5 admission fee per car for spectators. Coaches & athletes will be admitted for free. A parking lot near Tent City will be reserved for COACHES ONLY.

Tents: There will be a designated area behind the starting line where teams can set up their tents.

Check-In: Coaches can pick up their team packets containing bib numbers and course maps upon arrival at the blue check-in tent near the starting line. Athletes should report to the starting line 10 minutes before their race to check-in with the Meet Director.

Course: This is a looped course, run almost entirely on grass, with a brief road crossing. There is a ~300m, very gradual hill about ¾ mile into the race, which runners will climb once on the middle school course and twice on the high school course. Outside of that, this is a relatively flat and fast course. It's very spectator friendly!

Course Records: MS Girls 3K - **10:43.1** (set by Maysen Fletcher of Elkview on 9/21/22)
MS Boys 3K - **10:12.8** (set by Trace Marshall of Winfield on 9/21/22)
HS Girls 5K - **20:12.7** (set by Bella Boggs of Charleston Catholic on 10/13/22)
HS Boys 5K - **16:14.6** (set by Ryan Bazzle of George Washington on 10/13/22)



We look forward to seeing you on Wednesday, September 20th! Please reach out to Coach Josh McClung at **304-993-9329** or jmcclung@mail.kana.k12.wv.us with any questions.