

2023 Kanawha County High School XC Championships

(Hosted by St. Albans High School)

Date: Thursday, October 12th, 2023

Location: Meadowood Park - Tornado, WV

Schedule: Girls 5K - 4:30pm
Boys 5K - 5:15pm
Awards - Following completion of the boys race

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

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: 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 **Saturday, October 7th**.

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
- Plaques for 1st and 2nd place teams
- Plaques for Boys and Girls Coach of the Year (As voted on pre-race by fellow coaches)
- Plaques for Runners of the Year (Awarded to the top finisher in each race)
- Plaques for Freshmen of the Year (Awarded to the top freshman finisher in each race)

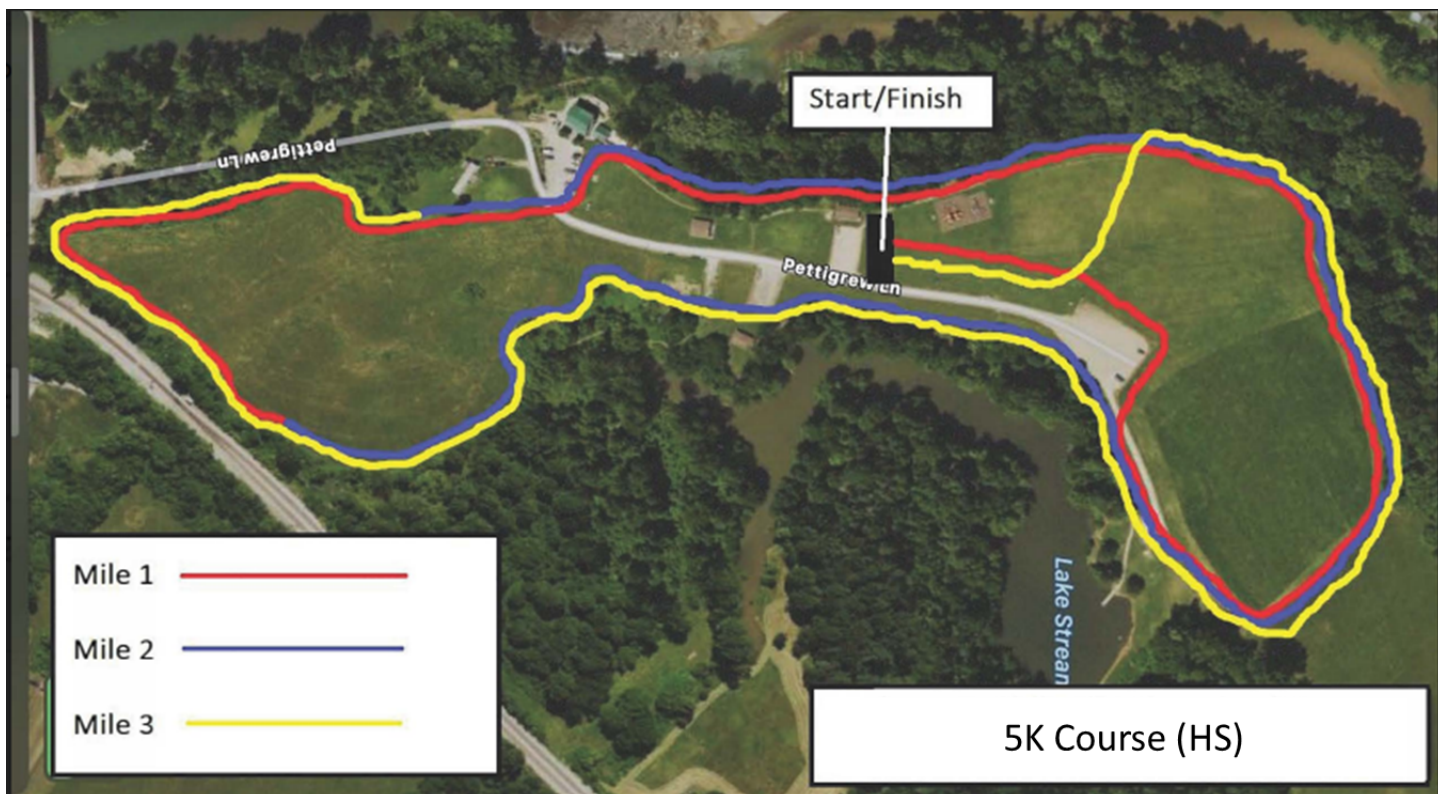
Parking: Volunteers will be assisting with parking. There will be a \$5 admission fee per car for spectators. Coaches & athletes will be admitted for free. A parking lot near Tent City will be reserved for COACHES ONLY.

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

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

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 each loop. Outside of that, this is a relatively flat and fast course. It's very spectator friendly!

Course Records: 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 October 12th! Please reach out to Coach Josh McClung at **304-993-9329** or jmcclung@mail.kana.k12.wv.us with any questions.