



St. Albans Cross Country 2023 Meet Schedule

Date	Meet	Location
Sat. 8/26	Beckley Chick-Fil-A Invitational	Beckley-Stratton MS Beckley, WV
Sat. 9/2	Cabell Midland XC Festival	Cabell Midland HS Ona, WV
Wed. 9/13	Irish Invitational	Coonskin Park Charleston, WV
Wed. 9/20	Coal River Classic	Meadowood Park Tornado, WV
Sat. 9/30	Saturday Night Lights	Centerville High School Centerville, OH
Sat. 10/7	MSAC Championships	Cabell Midland HS Ona, WV
Thu. 10/12	Kanawha County Championships	Meadowood Park Tornado, WV
Thu. 10/19	AAA Region III Championships	Beckley-Stratton MS Beckley, WV
Sat. 10/28	AAA State Championships	Cabell Midland HS Ona, WV