

3rd Annual Coal River Classic

(Hosted by St. Albans High School)



Date: Wednesday, September 18th, 2024

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"** and can be turned in at check-in or mailed ahead of time to:
St. Albans High School
2100 Kanawha Terrace
St. Albans, WV 25177

Entries: If you are interested in attending, please email jmcclung@mail.kana.k12.wv.us to reserve a spot for your team(s). Due to limited space at the park, there will be an **18 team limit** in each race. **Entries should be submitted on Athletic.net by Saturday, September 14th.** There is no limit on the amount of entries per team, but understand that your team (regardless of size) will be limited to one assigned starting box.

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-20 individuals in each race
Plaques for the Top 3 teams in each race

*Individual medals will be distributed in the finish chute this year for 11th-20th place. 1st-10th place individuals and team awards will be announced and presented at the awards ceremony.

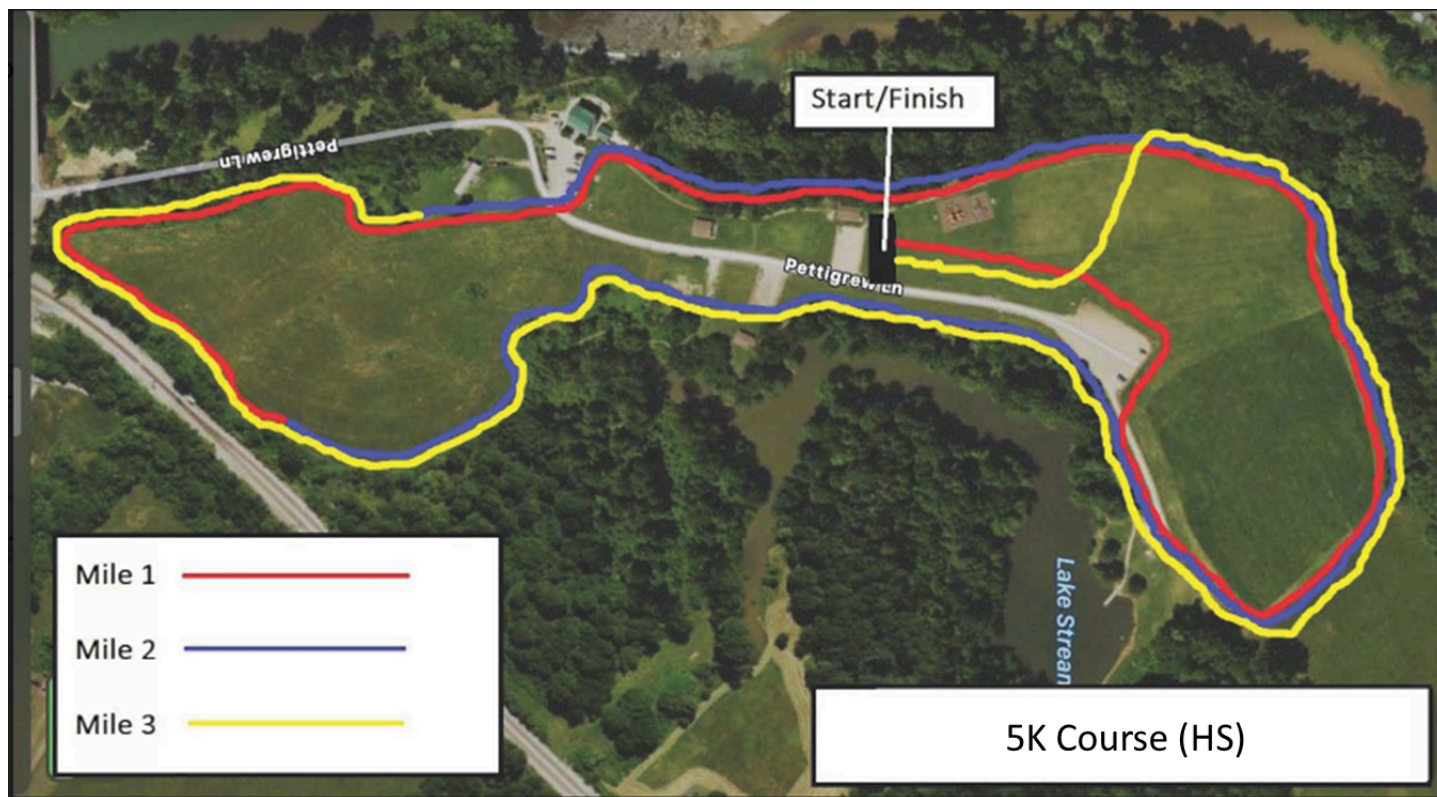
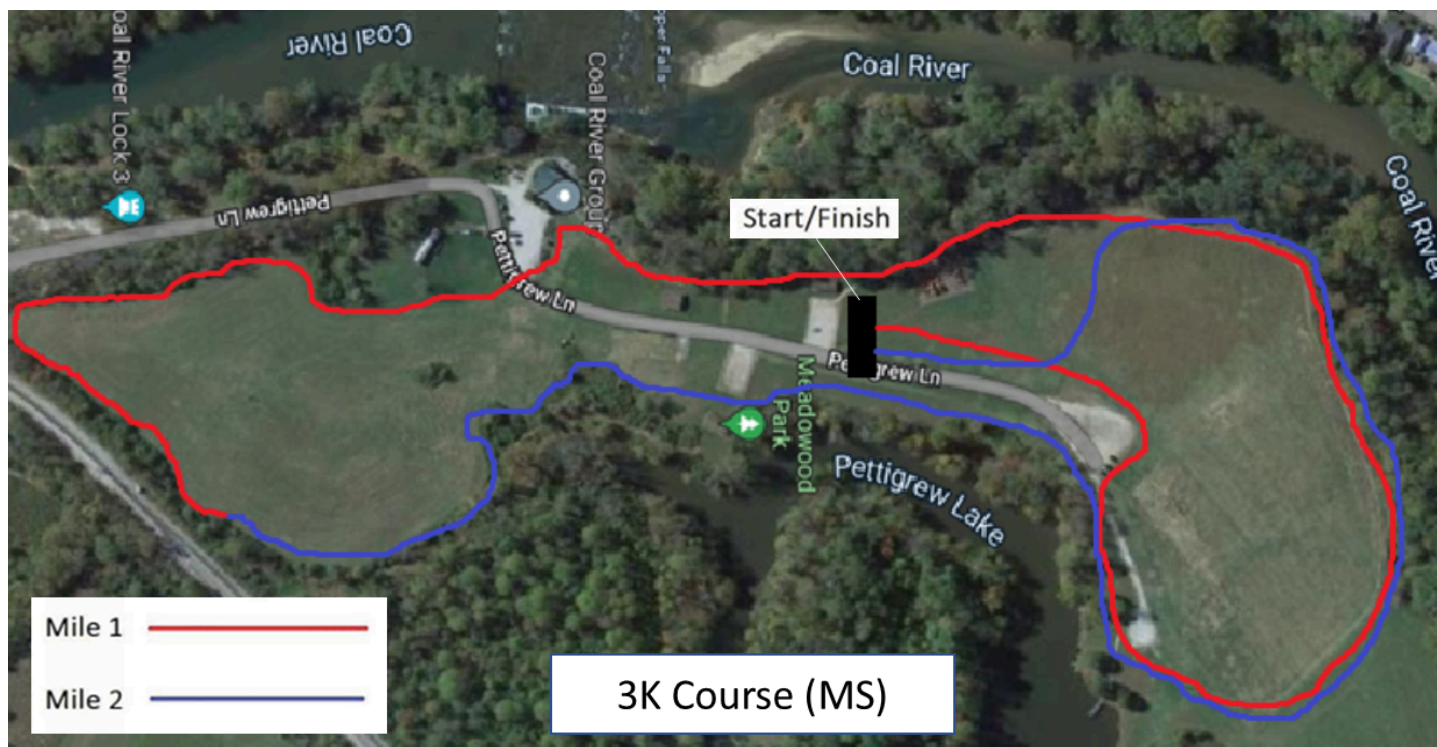
Parking: Volunteers will be assisting with parking. There will be a \$5 admission fee per car for spectators. Coaches & athletes will be admitted for free. A parking lot near Tent City will be reserved for COACHES ONLY.

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. Please return any unused bibs. Athletes should report to the starting line 10 minutes prior to the start of 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 gradual hill about $\frac{3}{4}$ 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 and coaching friendly!

Course Records: MS Girls 3K - **10:35.5** (set by Maysen Fletcher of Elkview on 10/10/23)
MS Boys 3K - **10:12.8** (set by Trace Marshall of Winfield on 9/21/22)
HS Girls 5K - **19:42.3** (set by Ava Ethridge of Winfield on 9/20/23)
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 18th! Please reach out to Coach Josh McClung at **304-993-9329** or jmcclung@mail.kana.k12.wv.us with any questions.