



Great opportunity coming off 2024 XC Season to run a PR in the mile or use this as a speed workout as you prepare for post season XC runs at Nike, Footlocker or RunningLane.

This meet will consist of multiple heats of 1600m races on the "NEW TRACK" at **Greenbrier East High School**. We will run multiple heats based off seed times for open, emerging elite and elite divisions. Each runner will run as "Unattached Athletes" and the fee is only \$15.00.

In addition, we plan to have an 800m run for elementary age grades 4th and 5th grade.

Any questions, email Robert McClintic at [rbmcii@yahoo.com](mailto:rbmcii@yahoo.com) 304-661-6960. **Register online [wv.milesplit.com](http://wv.milesplit.com)**

**November 9th, 2024**  
**Greenbrier East High School Track**