



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 have multiple heats for Middle School, High School, College and a Recreational level who desires to see how fast they can now run a 1600.

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

More details to come on MileSplit and www.runwv.com over the next couple of weeks.

November 9th, 2024
Greenbrier East High School Track