2024 JOHN ADAMS MIDDLE SCHOOL CROSS COUNTRY INVITATIONAL



John Adams Middle School would like to invite you to the **2024 John Adams Middle School Cross Country Invitational** at Camp Virgil Tate in Kanawha County on Wednesday, October 2nd. Race timing will be provided by AP Timing. Please submit all entries via RaceTimeEntry.com no later than 5:00 PM on Friday, September 27th.

When: Wednesday, October 2nd (Middle School)

Where: Camp Virgil Tate

1400 Co Rte 7/3

Charleston, WV 25312

Schedule: 4:30 PM – Girls Race

5:00 PM - Boys Race

Awards: Medals for top ten individuals; trophies for top two teams

Entry Fee: \$50 per team; \$90 for both boys/girls teams (make checks payable to

JAMS Cross Country)

Admission Fee: \$5 for all spectators

Entry Method: RaceTimeEntry.com

Parking: Parking and tent area will be to the right of the park entrance.

Directions: From Charleston: Take I-77 N to exit 111 (Walker Dr.); turn left off

exit, continue onto Call Rd.; turn right onto Sissonville Drive; turn left onto WV-622 S; follow for 4 miles, then turn right onto Camp

Virgil Tate Road.

From North: Take I-77 S to exit 114 (WV-622 Pocatalico); turn left off exit onto WV-622 S/Sissonville Drive; Follow WV-622 S, which turns right and becomes Martins Branch Road; after 3 miles, turn left as WV-622 S becomes Rocky Fork Road; turn right onto Camp Virgil

Tate Road.

Course: Course map is attached and will be included in the race packet. The

course is a mix of hills, trails and open fields with brief road

crossings.

Questions/Contact: Coach Brooks Crislip

brookscrislip@hotmail.com

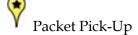
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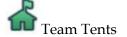
JOHN ADAMS MIDDLE SCHOOL INVITATIONAL COURSE MAP



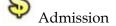














<u>COURSE DESCRIPTION</u>: The start and finish are in a flat, open field. The remainder of the course covers mixed terrain including a section of hilly, wooded trails with grass and some gravel on the flat sections. Brief road crossings with approximately 300 total feet of pavement.

