

Berkeley Springs Invitational
Cacapon State Park
818 Cacapon Lodge Dr., Berkeley Springs, WV, 25411

Saturday, September 21, 2024

The Berkeley Springs cross-country teams would like to invite your teams to our **18th annual Berkeley Springs Cross Country Invitational** at the beautiful Cacapon State Park.

This is a beautiful, yet challenging course. The race starts with a steep incline before leveling off and a downhill section to the 1-mile mark. The second- and third-mile feature nice hills along the paths of the park.

There will be a medical tent at the finish line sponsored by Valley Health War Memorial Hospital.

Time: 8:30 – OPEN RACE

8:30 – 10:00 Check in/Course walk

9:15 Coaches' Meeting

10:00 High School Girls (top 7)

10:35 High School Boys (top 7)

11:10 Combined JV Race (boys and girls)

11:50 High School Awards Ceremony

Awards: Team – 1st and 2nd HS Boys & Girls

Individuals: 1st thru 15th boys and girls

11:15 Middle School Check in/Course Walk (JV runners may be on part of the course, please be respectful and step off of the course as they run their race.)

12:30 Middle School Girls

1:00 Middle School Boys

1:45 Middle School Awards Ceremony

Awards: Team – 1st and 2nd Middle School Boys & Girls

Individuals: 1st thru 15th boys and girls

8:30 Open Race (Information Below about the 5K Fun Run/Walk)

Register high school athletes on athletic.net by Saturday, Sept. 14

Middle School Entry fee: \$30 per team (\$60 boys & girls)

High School Entry fee: \$40 per team (\$80 boys & girls)

Mail checks to: Berkeley Springs High School

149 Concord Ave.

Berkeley Springs, WV 25411

High School Contacts:

Athletic Director – Jason Smith - jason.smith@k12.wv.us

Coach – Ian Helmick – ihelmick@k12.wv.us

5K Fun Run/Walk

Cacapon Resort State Park 5K

The 5K Fun Run/Walk will start our race day this year! This race is open to anyone. The race will be run on the same course as our high school race!

Fun Run Registration:

(Link will be provided on Facebook page: BSHS Cross Country)

Entry Fee: \$20.00

Awards:

Open race awards: 1, 2, and 3 male and female.

Medical First Aid Tent at the Finish Line.

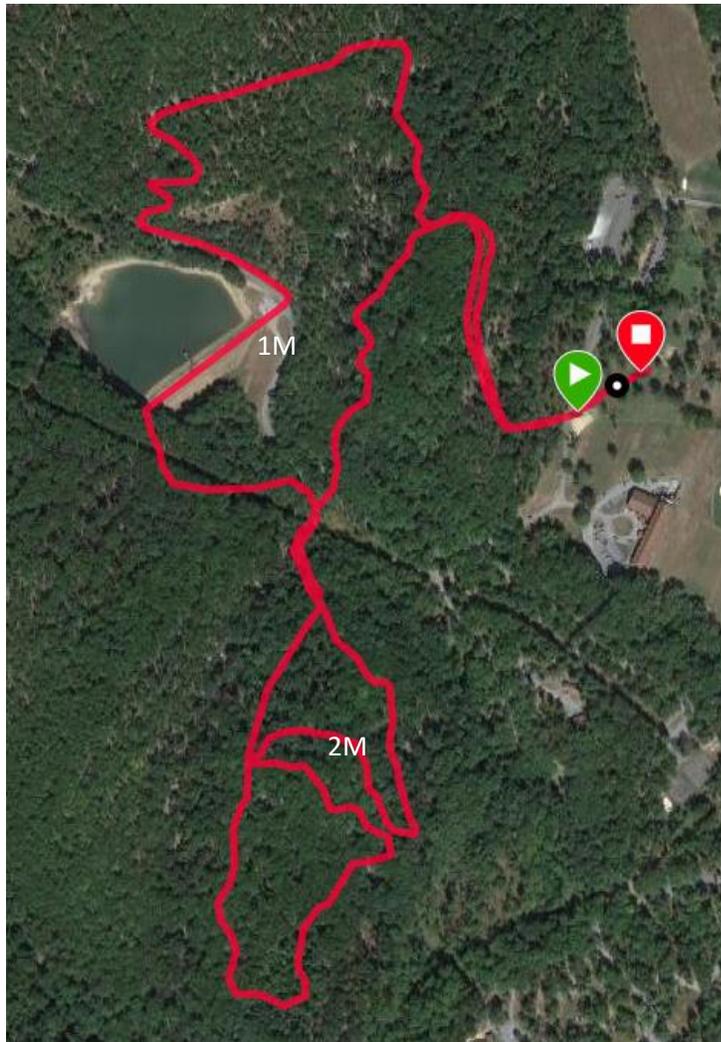
Sponsored by Valley Health War Memorial Hospital

PARKING

We strongly encourage athlete families and Fun Run/Walk Open Race participants to park in the picnic area.



Cacapon Resort State Park



Split	Elevation Gain	Elevation Loss
1	251	183
2	115	99
3	82	166

