

4th Annual Coal River Classic

(Hosted by St. Albans High School)



Date: Wednesday, September 17th, 2025

Location: Meadowood Park - Tornado, WV

Schedule: MS Girls 3K - **4:00pm**
MS Boys 3K - **4:30pm**
MS Awards - Following completion of the MS boys race
HS Girls 5K - **5:30pm**
HS Boys 5K - **6:15pm**
HS Awards - Following completion of the HS boys race

Entry Fees: \$55 per team **OR**
\$100 for both a boys and a girls team **OR**
\$15 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 a **20 team limit** in each division. Entries should be submitted on Athletic.net by **Sunday, 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 for 11th-20th places. 1st-10th place individuals and team awards will be announced and presented at the awards ceremony.

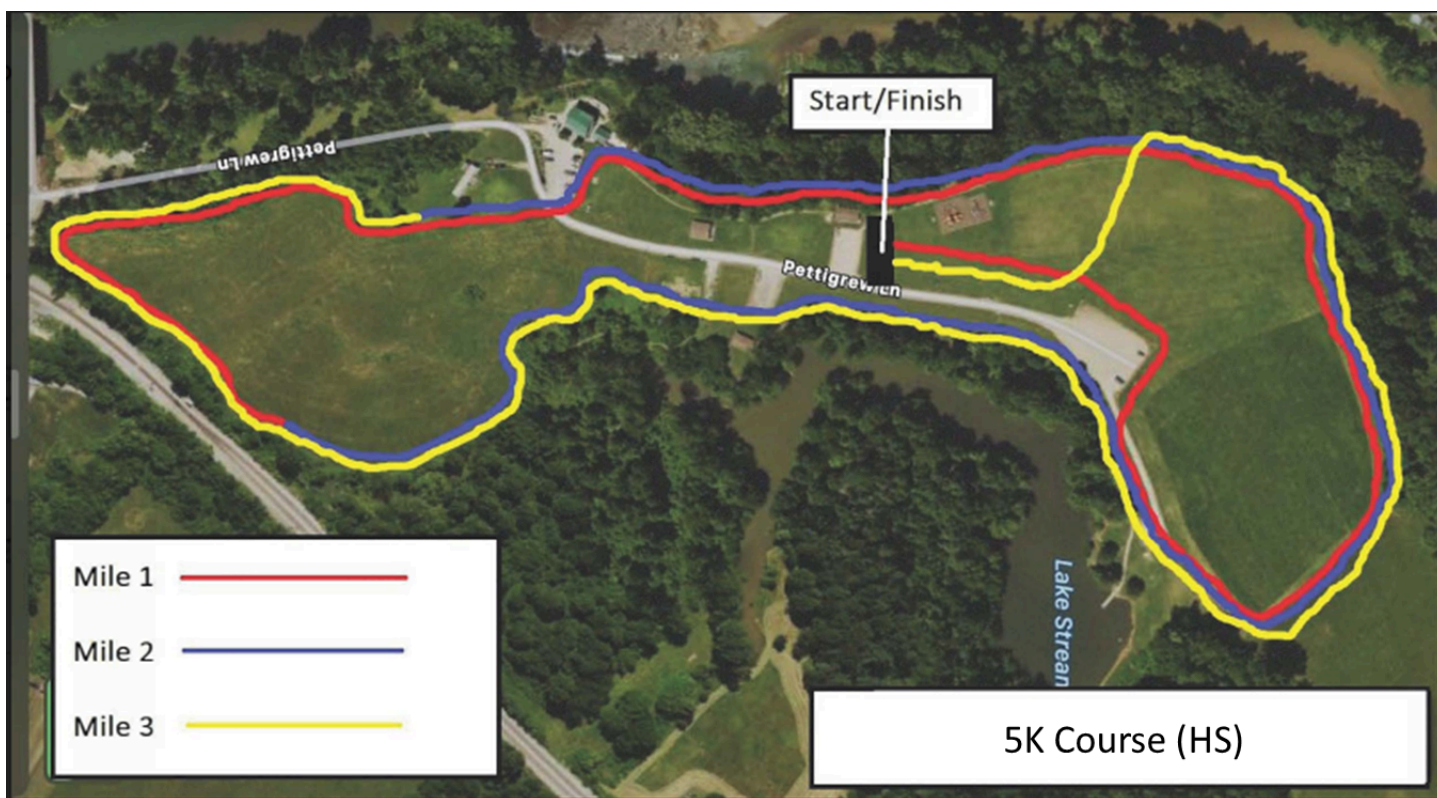
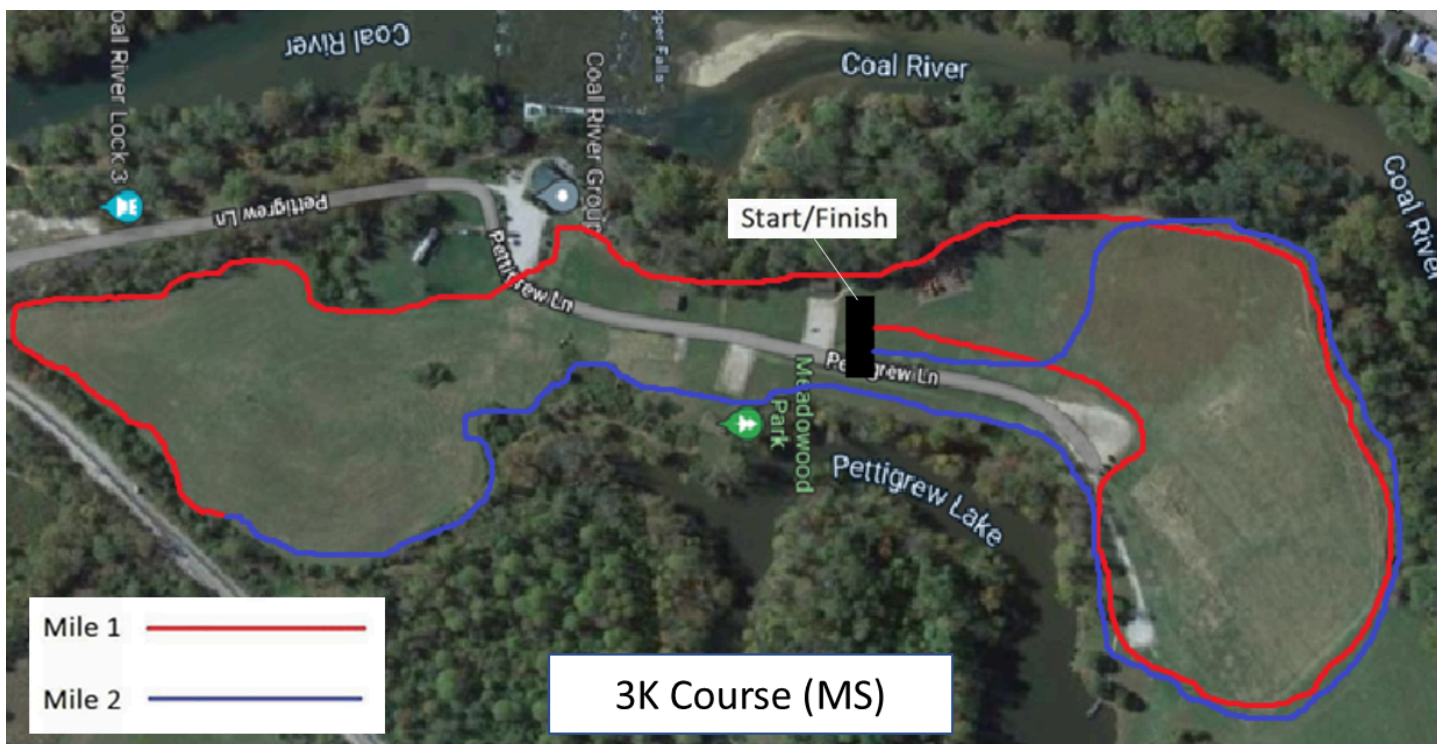
Parking: There will be a \$5 admission fee per car for spectators. **Carpooling is encouraged.** Volunteers will be assisting with parking. MS spectators will be directed to the lower parking lot while HS spectators will be directed to the upper parking lot. There will also be a designated area for handicap and coaches parking.

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 red check-in tent near the starting line. Please return any unused bibs back to this tent. 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 very 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 - **18:13.3** (set by Maysen Fletcher of Herbert Hoover on 10/17/24)
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 17th! Please reach out to Coach Josh McClung at **304-993-9329** or jmcclung@mail.kana.k12.wv.us with any questions.