

# 2025 Cabell Midland XC Festival

## Coaches Information

We would like to welcome your team to Cabell Midland High School for the 2025 Cabell Midland XC Festival. We want all teams to have a great experience and will do everything possible to achieve this goal. If you have any questions, the meet director is Chris Parsons.

Tent City is located between the baseball and softball fields along at the back of the school. Please be aware that tents **are not** permitted inside the football stadium or near the shot put/discus areas on the XC starting field.

The course is open for inspection and warm-up at all times. Please make sure your teams stay clear of racing athletes to ensure that no runner is impeded.

There will be no formal coaches meeting.

Packet pick-up will be at the Red Track Building outside track fence on finish line side of stadium. Make sure to check that each of your competing athletes has a race number (Names are on the BACK of the number). If you have an athlete who needs a number, see official at the Red Track Building. If you have a number in your packet for an athlete who is not running, just ignore it because they will not be counted in the results. Go to Athletic.net and look at your meet entry list to ensure all your athletes are entered in the correct race.

Results will be posted on Athletic.net The results will also be posted later on RUNWV.

Each race will start promptly at the time listed on the meet schedule. If we get behind, we'll catch up before the end of the meet. Make sure your athletes arrive at the starting line 10-15 minutes early to make sure they do not miss the start of their race. We will use an open starting line. Line-up 3 across the front and your remaining team members behind them. **(ONLY 7 RUNNERS OR LESS IN HIGH SCHOOL VARSITY RACES and ONLY 10 RUNNERS OR LESS IN MIDDLE SCHOOL VARSITY RACES)**

The use of wireless communications between coaches during races is **STRICTLY** prohibited.

Coaches and spectators **MAY NOT** go up the hill using the entrance that the athletes use. The spectator path is located behind the press box inside the football stadium that is equipped with stairs to help make getting on top of the course easier. Please do not attempt to use the hill that the athletes use so no interference occurs with competing runners.

The weather looks to be a great night for racing.

**Medals will be passed out at the end of the chute and team awards mailed to your school. This allows teams to get home earlier since this is an evening/night meet.**

### Meet Schedule

6:00pm	Middle school Boys & Girls JV
6:30pm	Middle School Varsity Girls
6:55pm	Middle School Varsity Boys
7:20pm	Girls JV
8:00pm	Boys JV
8:35pm	AA-A Girls Varsity
9:15pm	AA-A Boys Varsity
9:50pm	AAAA-AAA Girls Varsity
10:30pm	AAAA-AAA Boys Varsity

## **All WVSSAC Rules will be in effect**

Good Luck with your team & let me know if there is anything you need.

Coach Parsons  
(Cabell Midland Track & Cross Country Coach)