

**Potomac Valley Conference
Cross Country Championships
66th Boys/43rd Girls
Oct. 14th, 2025 at Frankfort Middle School
(Hosted by Frankfort High School)**

Hello Coaches,

We look forward to hosting you on our course. It is spectator friendly, with the entire surface being spike friendly (NO PAVEMENT). About 80% of the course is shaded with trees.

Registration:

Please make sure to list all athletes on **Athletic.net** by **6pm on Sunday Oct 12th**. Register ALL athletes that have a chance of running even if very slim chance. NO ADDS will be allowed on race day.

Schedule:

3:30pm	Coaches Meeting (Pavilion at Finish line)
4:30pm	Girls Race (ALL GIRLS)
5:15pm	Boys Race (ALL BOYS)
6:00pm	Award Ceremony

Awards:

**PVC Team Title and Coach of the Year
Top 10 runners are All-PVC**

Schools:

Berkeley Springs, East Hardy, Frankfort, Hampshire, Keyser, Moorefield, Paw Paw, Pendleton Co., Petersburg, Pocahontas Co., Tucker Co., Union

Facilities:

Bathroom facilities are located in the middle school gym and the soccer concession stand (above and below). We will have concessions available. Coaches should pick up their team packet at the concession area. We will have a coaches meeting at the pavilion behind the middle school. Tent city is located against the soccer fence behind the start line. We have local ambulance service at the race if athletes need assistance.

Parking:

Bus parking will be located in the stone area above the little league fields. Please let me know if you plan or do not plan to ride on a school bus. **Elementary School lets out between 2:10-2:30pm. Please try to avoid this time to prevent congestion.** Middle School does not end until 3:10pm and parking at the Middle school will be limited until dismissal. Parking lots are located by middle school and elementary school, with overflow parking at the lot below the football fieldhouse. **PLEASE RECOMMEND YOUR PARENTS TO NOT ARRIVE UNTIL AFTER 3:30pm. NO TRAFFIC WILL BE ALLOWED BETWEEN 3:00-3:20pm during MS release.**

Results:

We will have results available for the coaches at the beginning of the awards ceremony. Also results will be posted on athletic.net later that evening. Finally, results will also be sent to local papers.

If you have any questions, feel free to email me at jcphillips@k12.wv.us
Thanks, Coach Juan Phillips (FHS)