

SAVE THE DATE

A Night of Sweet 16's coming off a Fall of cross country training...whether you're keeping it going leading into Footlocker, Nike or RunningLane post season event, or you want to test your track fitness before shutting it down in preparation for track season...let's Bust a 1600 and set a PR together!

This meet will consist of multiple heats of 1600m races under the lights at Parkersburg High School on Saturday, November 8th with heats for middle school, high school, college and recreational aged runners who maybe haven't run an all-out 1600 in many years and just want to see what they can run. Heats based on entries.

Registration opens the week of October 13th at wv.milesplit.com