

# 2026 WVSSAC Regional XC Championships

AAAA South / AAA Region 3 / AAA Region 4

**Date:** Saturday, October 24th, 2026

**Location:** Meadowood Park - 292 Pettigrew Lane, Tornado, WV 25177

**Schedule:** **AAA Region 4**

Chapmanville Regional, Lincoln County, Nitro, Point Pleasant, South Charleston, Spring Valley, St. Albans, Winfield (8)

Girls - 9:00am  
Boys - 9:45am  
Awards - 10:30am

**AAA Region 3**

Capital, Greenbrier East, Herbert Hoover, Nicholas County, PikeView, Princeton, Ripley, Shady Spring (8)

Girls - 11:30am  
Boys - 12:15pm  
Awards - 1:00pm

**AAAA South**

Buckhannon-Upshur, Cabell Midland, George Washington, Huntington, Hurricane, Oak Hill, Parkersburg, Parkersburg South, Riverside, Woodrow Wilson (10)

Girls - 2:00pm  
Boys - 2:45pm  
Awards - 3:30pm

**Entries:** Entries should be submitted on Athletic.net by **Wednesday, October 21st**. You may enter up to 10 athletes, but only 7 may start the race.

**Timing & Results:** Appalachian Timing Group will be providing chip-timing for the meet. Results and photos will be posted at [APTiming.com](https://www.aptiming.com) after the meet.

**Awards:** Medals for the Top 10 individuals  
Plaques for the Team Champions (*provided by the WVSSAC*)

**Tickets:** Tickets will be available for purchase online at <https://gofan.co/app/school/WV2258> or on-site (cash only). Ticket prices are set by the WVSSAC.

**Parking:** **Carpooling is encouraged.** Volunteers will be assisting with parking. There will also be a designated area for handicap and coaches parking. Refer to the parking map that will be included in the pre-meet notes for more information.

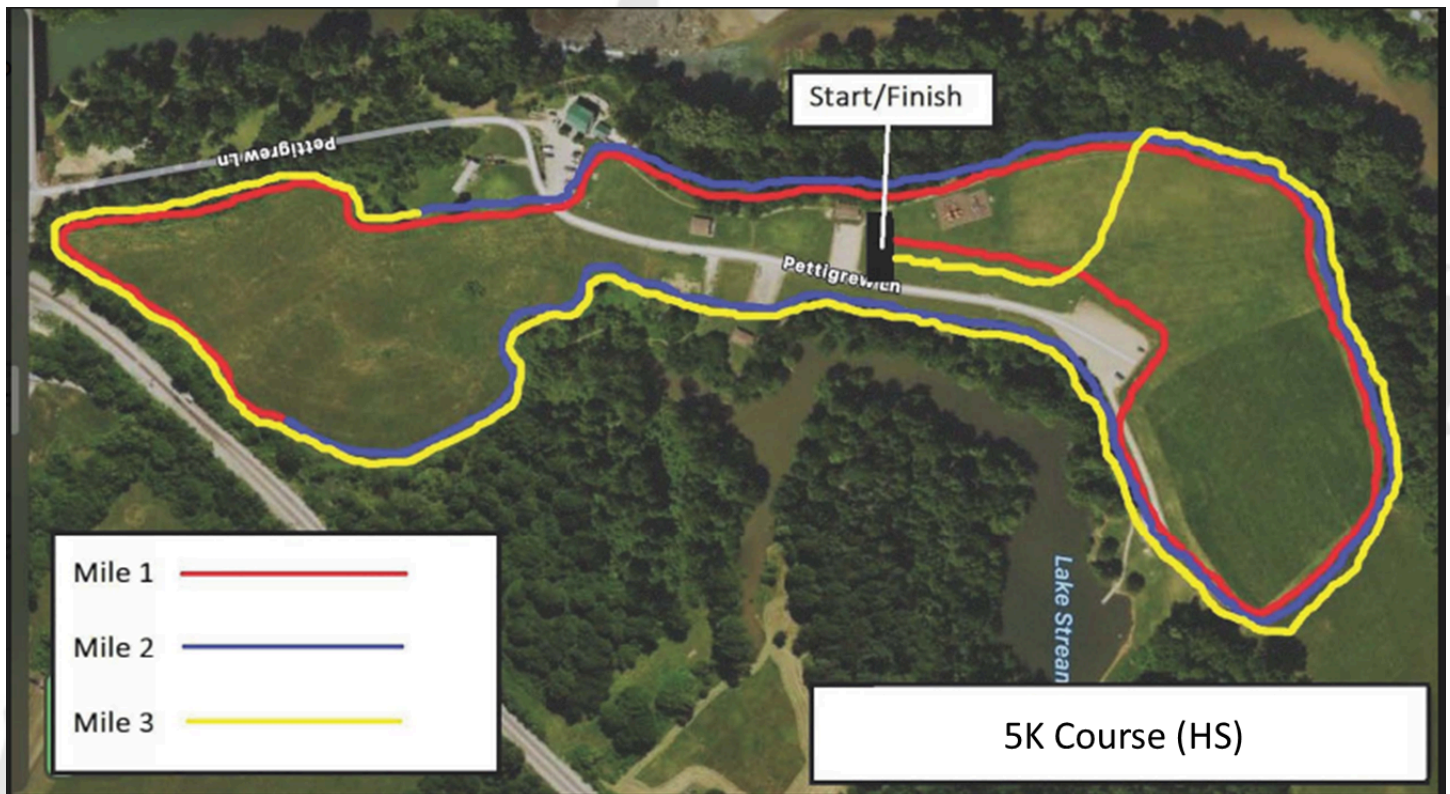
**Team Tents:** There will be a designated area behind the starting line where teams can set up their tents.

**Check-In:** Coaches can pick up their team packets containing bib numbers, course maps, and state meet qualifier info upon arrival at the red check-in tent near the starting line. Starting box assignments will be listed

on the front of packets. **Please return any unused bibs back to this tent.** Athletes should report to the starting line at least 10 minutes prior to the start of their race to check-in with the official.

**Course:** This is a looped course, run almost entirely on grass, with a brief road crossing. There is a ~300m gradual hill about ¾ mile into the race, which runners will climb once on each loop. Outside of that, this is a relatively flat and fast course. It's very spectator and coaching friendly!

**Course Records:** HS Girls 5K - **17:32.8** (set by Maysen Fletcher of Herbert Hoover on 10/16/25)  
HS Boys 5K - **16:06.3** (set by Peter Basdekis of Charleston Catholic on 10/16/25)



We look forward to welcoming you to Meadowood Park! Please reach out to St. Albans Head Coach, Josh McClung at **304-993-9329** or [jmclung@mail.kana.k12.wv.us](mailto:jmclung@mail.kana.k12.wv.us) with any questions.