

Saturday
August 22, 2009

Sam Michaels Park
Shenandoah Junction, W.Va.

Course Walk 8:00 a.m.
Coaches Meeting 8:15 a.m.
Middle School Girls/Boys 8:30 a.m.
Varsity HS Girls 9:00 a.m.
Middle School Awards 9:30 a.m.
Varsity HS Boys 9:45 a.m.
Combined HS JV 10:15 a.m.
High School Awards 11:30 a.m.

Jefferson X-C Invitational

Course Description: The high school races will be contested on a 5-kilometer course that features dirt and grass trails over rolling hills. Middle School races will be contested on a similar surface over a 2 mile course.

Contact person: Scott Biola
scott.biola@yahoo.com 304-582-0586

Entry fee: \$75 per school
All team rosters and entry fees
due by August 17th.

Jefferson High School
4141 Flowing Springs Rd.
Shenandoah Junction, WV 25442

Awards:

Medals to Top 7 individuals in middle school and varsity HS races. Medals will also be given to individual JV winners

Trophies will be given to first place boys and girls middle school & HS teams.

