

**Saturday  
August 23, 2008**

**Sam Michaels Park  
Shenandoah  
Junction, W. Va.**

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

**Middle School Girls**

# 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  
sbiola@hotmail.com/304-582-

**Entry fee: \$75 per school**  
All team rosters and entry fees due by August 18th.

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.

