

*George Washington High School*  
1522 Tennis Club Road  
Charleston, WV 25314  
Phone (304) 348-7729 Fax (304) 344-GWHS  
<http://gwhs.kcs.kana.wv.us>  
8/28/2010

Dear Coaches:

George Washington High School wishes to extend an invitation to your High School and Middle School Cross Country Teams to participate in the 2<sup>nd</sup> G.W.H.S. Invitational. The meet will be held at Meadowood Park in Tornado on Thursday September 30, 2010. This course is very spectator friendly. Close Parking will be limited. The meet will be sanctioned by the S.S.A.C.

Only the top seven(7) on your team will be scored. You may enter as many runners as you wish, but all runners after the top seven will be removed from scoring and team scores will be re-added.

Hy-Tek Scoring will be used, and we need the names of your runners with your entry form. Scratches, changes, additions and deletions will be allowed at the check-in table the day of the race. Please use [www.timetoenter.com](http://www.timetoenter.com) to submit your entries by Monday September 27th!!!!

APPROXIMATE TIME:	Girls High School Race	4:45pm
	Boys High School Race	5:25pm
	HS Awards 10 minutes after girls race	
	Girls Middle School	6:00pm
	Boys Middle School	6:30pm
	MS Awards 10 minutes after boys race	

ENTRY FEES:	Girl's High School Team	\$40.00
	Boy's High School Team	\$40.00
	Both Boy's & Girls Team	\$70.00
	Individual high school runners with no team	\$7.00 per runner
	Girls Middle School Team	\$30.00
	Boys Middle School Team	\$30.00
	Both Boys and Girls Middle School Team	\$50.00
	Individual junior high runners with no team	\$7.00 per runner

AWARDS:	Girls High School Team	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place trophy
	Boys High School Team	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place trophy
	Individual Girls & Boys High School	1-25 medals
	Girls Middle School Team	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place trophy
	Boys Middle School Team	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place trophy
	Individual Girls & Boys Middle School	1-25 medals

Thanks and we look forward to seeing you!!!!

Shawn Wheeler  
Meet Director  
[gwcoachwheeler@gmail.com](mailto:gwcoachwheeler@gmail.com)

*A Tradition of Excellence*

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Directions to Meadowood Park:

Coming from Charleston Area:

Coming from I-64 West Bound, take the Kanawha Turnpike Exit #55 and follow Kanawha Turnpike for approximately 1.25 miles. Kanawha Turnpike will turn into Lincoln Drive for about 1.5 miles. Lincoln Drive turns into Upton Creek/Smith Creek Road for 3.5 miles. Continue on County Route 9 for 2.25 miles and make a right onto Upper Falls Road just before the Coal River Bridge.

Coming From the Huntington Area:

Coming from I-64 East bound take the St. Albans Exit # and at the end of the exit ramp make a Right onto Winfield Road (Rt 35) and go to the 2nd Stop Light . Go straight through the light onto West Main St and go 2.4 miles to the Flashing Red Light. Make a right onto Coal River Road and go 5.2 miles. Make a left at County Route 9/Junction County Route 3, after you cross the bridge make a left onto Upper Falls Road.