

John Adams High School

2002 Presidential Drive

Charleston WV 25314

Dear Coaches:

John Adams Middle School is proud to be the host school of the 2010 Kanawha County Middle School Cross Country Championships. The meet will be held at Meadowood Park in Tornado on Thursday October 14, 2010. This course is very spectator friendly. Close Parking will be limited. The meet will be sanctioned by the WVSSAC.

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. Please use www.timetoenter.com to submit your entries by Friday October 8, 2010 at 5:00 pm.

APPROXIMATE TIME: Girls Middle School Race 4:45pm
Boys Middle School Race 5:30pm
Awards for both races about 15 minutes after the Boys Race

AWARDS: Girls High School Team 1st Place Trophy
Boys High School Team 1st Place Trophy
Individual Girls & Boys High School 1-10 medals

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.

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

Shawn Wheeler

Co-Meet Director

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