

**Berkeley Springs Invitational**  
**Cacapon State Park**  
**818 Cacapon Lodge Dr., Berkeley Springs, WV, 25411**

**Saturday, September 20, 2025**

The Berkeley Springs cross-country teams would like to invite your teams to our **19th annual Berkeley Springs Cross Country Invitational** at the beautiful Cacapon State Park.

This is a beautiful, yet challenging course. The race starts with a steep incline before leveling off and a downhill section to the 1-mile mark. The second- and third-mile feature nice hills along the paths of the park.

There will be a medical tent at the finish line sponsored by Valley Health War Memorial Hospital.

Time: 8:30 – 10:00 Check in/Course walk

9:15 Coaches' Meeting

10:00 High School Girls (top 7)

10:35 High School Boys (top 7)

11:10 Combined JV Race (boys and girls)

11:50 High School Awards Ceremony

Awards: Team – 1<sup>st</sup> and 2<sup>nd</sup> HS Boys & Girls

Individuals: 1st thru 15th boys and girls varsity, 1<sup>st</sup> thru 10 JV

11:15 Middle School Check in/Course Walk (JV runners may be on part of the course, please be respectful and step off of the course as they run their race.)

12:30 Middle School Girls

1:00 Middle School Boys

1:45 Middle School Awards Ceremony

Awards: Team – 1<sup>st</sup> and 2<sup>nd</sup> Middle School Boys & Girls

Individuals: 1st thru 15th boys and girls

Register athletes on athletic.net by Saturday, Sept. 14

Middle School Entry fee: \$30 per team (\$60 boys & girls)

High School Entry fee: \$40 per team (\$80 boys & girls)

Mail checks to: Berkeley Springs High School

149 Concord Ave.

Berkeley Springs, WV 25411

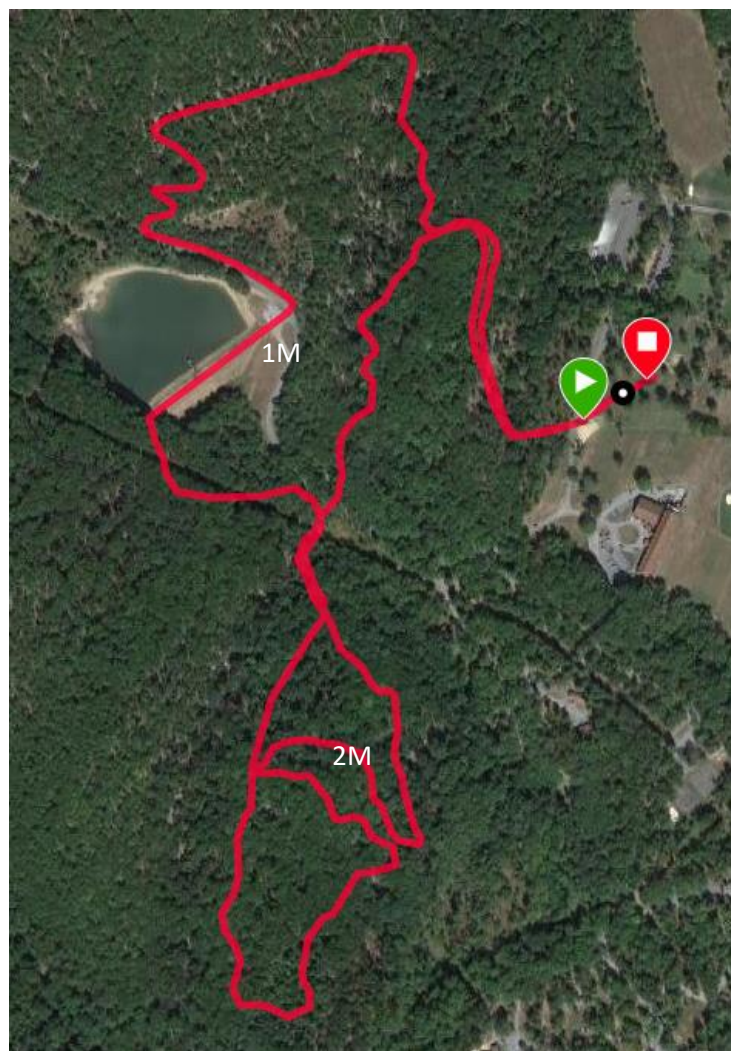
High School Contacts:

Coach – Vickie Miller vlmiller72@outlook.com

Athletic Director – Chad Brinegar cbrinega@k12.wv.us



# Cacapon Resort State Park



Split	Elevation Gain	Elevation Loss
1	251	183
2	115	99
3	82	166

