



2025 South Hills XC Invitational



John Adams Middle School and George Washington High School would like to invite you to the **2025 South Hills XC Invitational** at Camp Virgil Tate in Kanawha County on Saturday September 20th. Race timing will be provided by AP Timing. Please submit all entries via Athletic.net no later than Monday, September 15th.

When: Saturday, September 20th

Where: Camp Virgil Tate
1400 Co Rte 7/3
Charleston WV 25312

Schedule: 9:00am Boys HS; 9:40am Girls HS; 11:00am Boys MS; 11:30am Girls MS

Awards: Medals for top 10 individuals; trophies for top 2 teams

Entry Fee: \$50 per team; \$90 for both boys / girls teams (make check payable to HillQuest Athletics)

Admission Fee: \$5 for all spectators

Entry Method: Athletic.net

Parking: Parking and tent area will be to the right of park entrance

Directions: **From Charleston:** Take I-77 N to exit 111 (Walker Dr.); turn left off exit onto WV-622 S; follow for 4 miles, then turn right onto Camp Virgil Tate Road.

From North: Take I-77 S to exit 114 (WV-622 Pocatalico); turn left off exit on WV-622 S/Sissonville Drive; Follow WV-622 S, which turns right and becomes Martins Branch Road; after 3 miles, turn left as WV-622 S becomes Rocky Fork Road; turn right onto Camp Virgil Tate Road.

Course: Course map will be available soon and also be included in the race packet. The course is a mix of hills, trails and open fields with brief road crossings.

Questions/Contact: **Coach J.R. Sharp**
jrsharp@mail.kana.k12.wv.us
304-206-5373