

2024 NO EXCUSES BRAXTON INVITATIONAL

Dear Coaches,

Braxton County Athletics would like to extend an invitation to your Middle and High School Cross Country Teams to participate in the **2024 NO EXCUSES Braxton Invitational**. The meet will be held on **Saturday, September 14th** at **Holly Gray Park** located in Flatwoods/Sutton, WV.

Race Times: 7:00 am Course Opens (JV and Varsity run together, top 7 counts for team placing)
(Approximate starting times)
9:00 am Middle School Girls
9:30 am Middle School Boys
10:10 am Middle School Team Awards
FREE 10:20 am KIDS SHORT FUN RUN 5th grade and below.
10:30 am High School Girls.
11:00 am High School Boys or as soon as the last girls finishes.
11:30 am or shortly after last Runner - High School Team Awards

Entry Fees: \$60 per team / \$100 per school for a Boys and Girls team; \$10 per individual athlete
There will be a spectator fee of \$5.

Checks Payable to: **BCHS – Cross Country**
200 Jerry Burton Dr,
Sutton, WV 26601

Entries: Please register through athletic.net
Entry Fee and Entries must be received by 9pm, Wednesday, September 11th.

Awards: Top 15 Individual Awards will be handed out at the finish line.
Team Award for **Champion** and **Runner-up** for each race.
(More awards possible depending on size of meet attendees)

Course: Challenging course with rolling hills and woods. IT WILL BE WELL MARKED!

Misc: **Concessions and Invitational t-shirts will be available.**
Admission is \$5 per person
Plenty of picnic areas for families, 2 fishing ponds for catch/release, and playground for children.

Directions: **The course is located at Holly Gray Park**
From I-79 South or North Take Exit # 67.
Head to Days Hotel
*Turn onto US-19
*At stop light, turn right onto WV-4 S
*Turn left on Days Dr. located straight across from Subway
*Turn Right on WV-15 W
Holly Gray's entrance will be .4 miles after turning right on WV-15 W. Entrance Sign is slightly hidden.
****Bus & Spectator Parking will be organized for safety of all runners and drivers:**

If you have any questions or concerns, please email me at robert.lloyd@k12.wv.us

Thank you and I hope to see you on September 14, 2024.
Coach Robert Lloyd BCMS Cross Country