



*Cabell Midland would like to invite all schools to the 2009 Carlos Akers Memorial on Saturday, April 4<sup>th</sup>. High Schools from WV, Ohio, & Kentucky will be competing this year. Cabell Midland has a 9 lane Seal Flex rubberized surface, which was recently re-surfaced. All jumping areas are Seal Flex rubberized surfaces & the throws areas have oversized concrete pads. We have the Finish Lynx electronic timing system, so all times and places will be accurate. We want all teams to have a great meet experience at Cabell Midland and we will do everything possible to achieve this goal.*

**Where:** Cabell Midland High School Stadium

**When:** April 4<sup>th</sup> (Saturday)

**Time:** 11:00am Field Events  
12:00pm Running Events

**Awards:** Teams 1-3 for girls & boys  
Individuals 1-6 for girls & boys  
High Point Girls & Boys

**Cost:** \$60.00 per team or \$90.00 for both girls & boys

**Send entries to:** Chris Parsons  
Cabell Midland High School  
2300 Rt. 60east  
Ona, WV 25545

**FAX:** (304) 528-5150

**Entries:** 3 athletes per running & field event with 1 relay team per event.

**Entry Deadline:** **April 1<sup>st</sup> by noon (Wednesday).** However, we need a copy of your eligibility sheet or team roster that includes grade levels by **March 26th.** By having your athletes names already entered, this allows us to make the official entry sheet due at a later date. Don't worry if an athlete might not compete because the computer system will ignore any non-competing athlete.

Hytek event file will be online at [www.runwv.com](http://www.runwv.com) & send file to [mlucas1215@gmail.com](mailto:mlucas1215@gmail.com)

**All WVSSAC rules will be in effect**

**Lunch will be provided to all coaches & meet officials**

**Contact Coach Parsons for more information ([coachparsons@yahoo.com](mailto:coachparsons@yahoo.com))**

# Carlos Akers Memorial

4-4-09 (Saturday)

At Cabell Midland High School

## Meet Schedule

11:00am Field events

Boys >>> Shot & Long Jump

*(girls will follow after completion of boys)* Girls >>>

Discus, High Jump & Pole Vault

*(boys will follow after completion of girls)*

12:00pm Running events (Meet is on a rolling schedule, so listen for you event)

3200 G/B

400 G/B

20-30 min Break

4x800 G/B

100 G/B

100HH G

110HH B

4x200 G/B

1600 G/B

300IH G/B

4X100 G/B

800 G/B

200 G/B

SHUTTLES G/B

4X400 G/B







