

Enslow Middle School Invitational

Enslow Middle School would like to invite your team to participate in the Enslow Middle School Track and Field Invitational. The meet will be held on April 29th at Huntington High School, right off of the Hal Greer exit of Interstate 64 in Huntington, WV. The facility is a 9-lane rubberized track, with rubberized areas for high jump, and long jump and regulation concrete areas for shot-put and discus. We are limiting the meet to eight schools, while each school will be allowed to enter up to 4 athletes per event, and one relay per school. All National Federation and WVSSAC rules will be in effect.

When: Thursday, April 29th, 2010 Field events begin at 4:30, running events begin at 5:00

Where: Huntington High School Track

Cost: Entry fee of \$50/team. \$90/school (boys and girls team) Make Checks payable to Enslow Middle School

Awards: 1st, and 2nd team. 1st place individual medal, 2-6 ribbons. Boys, and Girls High point trophy.

Entries: Please email me ASAP with intentions of attending, and complete entries must be received on Monday, April 26th by 2:30pm. Please mail checks by Monday, April 26th. Electronic Entries are Preferred.

Mail Entries to:

Enslow Middle School
Attn: Track Entries
2613 Collis Ave
Huntington, WV 25702

Fax entries to: 304-528-5195
Attn: Justin Cox

Email Hy-Tek entries to:
robertlstclair@yahoo.com

ORDER OF EVENTS

Field Events

4:30

Girls: Shotput, Long Jump (Discus, and High Jump will follow the boys competitions)

Boys: Discus, High Jump (Shotput, and Long Jump will follow the girls competitions)

Schools traveling more than 30 miles and anticipate having trouble making it to the meet by 4:30 please send me an email, and your athletes will be allowed to compete in the shotput, discus, and long jump when they arrive. I apologize, but High Jump will begin promptly at 4:30, and athletes arriving late on these teams only have the option of jumping at the current height of the bar. Due to time constraints, **THE BAR WILL NOT BE LOWERED FOR LATE COMERS.**

Running Events

4:30

3200 m run

5:00

4x800 m relay

5:30

75m low/65m high

5:45

100m dash

6:00

4x200 m relay

6:15

1600m run

6:35

400 m dash

6:50

200m low hurdles

7:10

4x100 m relay

7:50

800m run

8:05

200 m dash

8:20

Shuttle Hurdles

8:45

4x400 m relay

The meet will run on a rolling schedule, When one event is over, the next one will start. The times are listed as approximate times as a courtesy; Athletes are to listen to their calls.

TEAM: _____ BOYS or GIRLS

COACHES NAME: _____ COACH'S PHONE: _____

HJ																	
LJ																	
DS																	
SP																	
SHurt																Shuttles	
4x800																	
4x400																	
4x200																4x800	
4x100																	
200mh																	4x400
65/75h																	
3200m															4x200		
1600m																	
800m																4x100	
400m																	
200m																	4x100
100 m																	
Grade															Relay Times		
Name																	