

2010 Pirate Relays



Cabell Midland School would like to invite all schools to the 2010 Pirate Relays on Thursday, March 25th at Cabell Midland High School. Cabell Midland has a 9 lane Seal Flex rubberized surface. All jumping areas are Seal Flex rubberized & the throws areas have oversized concrete surfaces. We will also be using a FinishLynx electronic timing system, which will ensure the accuracy of all times and places. This is a great opportunity for you as a coach to run all of your athletes early in the season and to get a baseline for your athletes' performance. We want all teams to have a great experience at the Pirate Relays and we will do everything possible to achieve this goal.

Where: Cabell Midland High School Stadium – Chris Parsons Track

When: March 25, 2010 (Thursday)

Time: 5:00 PM Field Events
5:30 PM Running Events

Awards: Teams 1st and 2nd Trophies for Girls and Boys
Individual 1-6 Ribbons for Girls and Boys

Cost: \$50.00 per team or \$80.00 for both girls & boys - \$15 for each additional team (Can Submit up to 3 teams per school) **Make checks out to Cabell Midland Athletic Boosters**

Entries: Unlimited athletes per open running & 3 athletes per field event with 1 relay team per event (Field Events will be scored as Individuals, not relay teams)

Entry Methods:

1. Hy-tek Team Manager, Please visit www.bmstrack.org for the Meet Events file. E-mail entries to coachriley@bmstrack.org no later than **8PM, Monday March 22nd**. **Place your B and C Relay Teams in one Database File. Mark them B or C in the Relay box in HyTek.** (See www.midlandrunning.com/hytek for a guide on using Hy-Tek Team Manager)

All Open athletes will be on the A team and we will score the first 3 for Team points.

We highly encourage using this method of entry!!!

2. Use the attached form to submit your entries. If you are entering more than one team, then please fill out an entry form for EACH team. The Entries will be due by **Noon Thursday, March 18th**. You can Email the entries as well!

Mailing Address:

Pat Riley
Boys Track Coach
Barboursville Middle School
1400 Central Ave.
Barboursville WV, 25504

Fax: (304)743-7577
Phone: (304) 416-5822

Entry Deadline:

1. Fax entries are due by noon, Thursday March 18th.
2. Hy-tek Entries are due 3PM, Monday March 22nd.



Order of Events

Field Events: 1st Session: Girls HJ, Discus
(5:00 PM) Boys LJ, Shot

Boys and Girls will flip in 2nd Session

(Hospitality room will be open during this time)

Running
Events:
(5:30 PM)

4x800

4x100

1600

Sprint Medley (100, 100, 200, 400)

<Break>

4x200

Distance Medley (400, 400, 800, 1600)

Shuttles

4x100 Beefers / Full-Figured

100

4x400

