

MSAC Track & Field Championships
Laidley Field, Charleston, WV
May 6th, 2011

Dear Track & Field Coaches,

Please read the following instructions for 2011 MSAC Track & Field Championships May 6th 2011 at Laidley Field in Charleston, WV.

MEET ENTRIES:

Three (3) entries per event and one (1) relay team. Hy-tek meet manager event file will be made available on www.runwv.com. If you have any questions about Hy-Tek please contact Shawn Wheeler at 304-610-7046

The deadlines for the MSAC Track & Field Championships are as follows:

1. All Hy-Tek entries are to be emailed to gwcoachwheeler@gmail.com by Tuesday May 3rd. **NO PAPER ENTRIES!!!!**
2. Any scratches and substitutions can be emailed to the same email address above by noon on May 7th.
3. You may Scratch and Substitute. **NO ADDS!!!!**

FIELD EVENTS:

We will start field events at 4:30pm. All events are finals, 4 jumps and 4 throws. We will have an open pit for Long Jump. Field event order: Girls HJ, Boys LJ, Girls PV, Girls Discus, Boys Shot Put.

BULLPEN:

The bullpen for the 100/110 Hurdles and 100m Dash is located at the scoreboard end of the stands.
The bullpen for the 200 is located in the bleachers by the long jump pit.
The bullpen for all other events is located in the end zone at the capital end of the stadium.

RUNNING EVENTS:

We will start running events at 5:00pm.

AWARDS:

1ST – Medals
2nd-6th – Ribbons

T-SHIRTS:

A vendor will be selling MSAC T-Shirts at the meet for \$12.

Sincerely,
Carol Brown & Shawn Wheeler
Meet Directors