

Carlos Akers Memorial

When: March 31st (Saturday)

Where: "Chris Parsons Track" at Cabell Midland High School

Time: 10:00am Coaches & Team Captain meeting in Hospitality room

10:30am

Field Events

Girls (High Jump, & Discus) Boys follow

Boys (Pole Vault, Long Jump & Shot Put) Girls follow

11:45am

Running events (Timed Finals)

1.	3200	G/B	8.	1600	G/B
2.	400	G/B	9.	300IH	G/B
20-30 minute break					
3.	4x800	G/B	10.	4x100	G/B
4.	100	G/B	11.	800	G/B
5.	100HH	G	12.	200	G/B
6.	110HH	B	13.	Shuttles	G/B
7.	4x200	G/B	14.	4x400	G/B

Meet will be on a rolling schedule

Scratches: Scratches/Adds are due no later than 9:45am on meet day. You can email early scratches/adds by midnight on Friday (April 1st) or earlier to mlucas1215@gmail.com.

Cost: \$60 per team or \$90 for both girls & boys teams
Make checks payable to "Cabell Midland Athletic Boosters"

Mail checks to: *Chris Parsons*
Cabell Midland High School
2300 Route 60east
Ona, WV 25545

Entry: All schools must enter in Hytek Team Manager. Team Manager Lite can be downloaded from www.midlandrunning.com The Carlos Akers Memorial Hytek file can be found on www.midlandrunning.com or www.runwv.com. Also, for coaches unsure of how to enter using the Hytek system, a tutorial can be found on www.midlandrunning.com that will make it simple.

Entry deadline is March 28th (Wednesday). Email your Hytek file to mlucas1215@gmail.com

Awards: Individual 1-6
Teams 1st – 2nd – 3rd
High Point Trophy to girl & boy

Lunch will be provided to all coaches

ALL WVSSAC RULES WILL BE IN EFFECT

Any questions, contact Coach Chris Parsons at coachparsons@yahoo.com