

Carlos Akers & Doc Hale Memorial

When: March 28th (Thursday)

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

Time: 4:45pm Coaches & Team Captain meeting in Hospitality room

5:15pm

Field Events

Girls (High Jump, & Discus) Boys follow

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

5:30pm

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/Add are due no later than 4:15pm on meet day. You can email early scratches/adds by midnight on Wednesday (March 27th) 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 27th (Wednesday). Email your Hytek file to mlucas1215@gmail.com

Schools may enter 3 athletes per event and 1 relay team per event

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

Dinner will be provided to all coaches

ALL WVSSAC RULES WILL BE IN EFFECT

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