

Mountain State Athletic Conference  
Track and Field Championships  
Laidley Field, Charleston, WV  
May 3<sup>rd</sup>, 2013

Dear Track and Field Coaches:

Please read the following instructions for the 2013 MSAC Track and Field Championships held May 3<sup>rd</sup>, 2013 at Laidley Field in Charleston.

**MEET ENTRIES:**

You are three (3) entries per event and (1) relay team. Hy-Tek Team Manager Event Files are available via e-mail and through [www.runwv.com](http://www.runwv.com).

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

All Hy-Tek entries are to be e-mailed to [mecavender@frontier.com](mailto:mecavender@frontier.com) by **9:00AM Wednesday May 1<sup>st</sup>**. **NO PAPER ENTRIES!!!!**

Any scratches and substitutions can be e-mailed to the same address above by **NOON** on May 4<sup>th</sup>.

You may Scratch and Substitute. **NO ADDS!!!!**

**RUNNING EVENTS:**

We will start running events at 5:00pm. In the 1600m Run and the 800m Run we will be running two heats or each. We will be running a One Session meet schedule.

**BULLPEN:**

The Bullpen for the 100/110M Hurdles and 100M Dash is located at the scoreboard end of the stands.

The Bullpen for the 200M Dash is located in the bleachers by the Long Jump Pit

The Bullpen for all other events is located in the end zone at the Capitol end of the stadium.

**FIELD EVENTS:**

We will start field events at 4:30pm. Each competitor will get 3 throws/jumps with the top 8 getting 3 more throws/jumps in finals.

Field Event Order: Girls Long Jump, Pole Vault, and Shot Put and Boys High Jump and Discus

**AWARDS:**

1<sup>st</sup> Place -- Medal and All Conference Certificate

2<sup>nd</sup>-6<sup>th</sup> Place -- Ribbons

**T-SHIRTS:**

A vendor will be selling MSAC t-shirts at the meet.

Sincerely,

Shawn Wheeler

George Washington High School

Meet Director

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Schedule of Events

Field Events (Start time 4:30pm) Minimum Marks and Heights will be set.

Long Jump Girls followed by Boys

High Jump Boys followed by Girls

Pole Vault Girls followed by Boys

Shot Put Boys followed by Girls

Discus Girls followed by Boys

Running Events (Start time 5:00pm)

4x800m Relay G/B

100/110m Hurdles G/B

100m Dash G/B

4x200m Relay G/B

1600m Run G/B (2 Heats in Each)

400m Dash G/B

Break

300m Hurdles G/B

4x100m Relay G/B

800m Run G/B (2 Heats in Each)

200m Dash G/B

3200m Run G/B

Shuttles G/B

4x400m Relay G/B (2 Heats)