



## **PRESTON TRACK & FIELD**

400 Knight Drive  
Kingwood, WV 26537

[www.PrestonAthletics.com](http://www.PrestonAthletics.com)

**Paul Martin** - Head Boys Coach

**Tina Silcott** - Head Girls Coach

**Michael Daugherty** - Assistant Coach

**Jonathan Tennant** - Assistant Coach

**Bruce Workman** - Assistant Coach

Dear Track & Field Coaches,

We look forward to hosting your middle school team to a traditional one-session meet on Tuesday, April 30, 2013. The Dr. John W. Trenton Track & Field Complex is a "Seal-Flex" latex surface installed in the fall of 2004. The track is eight lanes with all-weather long jump, and pole vault runways. Our high jump apron will be replaced in the summer of 2013 so will make accommodations for this event. The track was repainted in the fall of 2008. The discus and shot rings are concrete. Bleacher seating is limited. It is suggested that spectators bring lawn chairs or blankets to sit on. Teams are asked to set up tents on the exterior of the track. The auxiliary gymnasium will be available for warm-ups and stretching.

Schools will be limited to one relay team per event and three individual athletes in field events and running events 400 meters and shorter. Teams can enter unlimited athletes in the 800, 1600, and 3200 meter runs. Be sure that you designate any athletes that will be running "exhibition".

We will be using Hy-Tek Meet Manager exclusively for our meets this year. There will be two ways to send us your entries: **www.athletic.net** or **Hy-Tek Team Manager Lite**. Personally, we feel **www.athletic.net** is the easiest method. However, if you are accustomed to sending your entries via **Team Manager Lite**, that is perfectly fine as well. Complete instructions for both methods are included on our website under "**Meet Entry Information**."

The deadlines for the meet on Tuesday, April 30, 2013 are as follows:

1. All entries are to be emailed to [prestonrun@gmail.com](mailto:prestonrun@gmail.com) by 3:00 p.m. the Monday prior to the meet
2. Any additions must be emailed to the address above by 12:00 p.m. on the day of the meet.
3. Scratches can be made on site, but additions will not be accepted.

We will have first call for field events at 4:30 p.m. The field event rotation will be as follows:

### **FIELD EVENTS**

First Rotation: Girls Pole Vault, Boys Long Jump, Girls High Jump, Boys Shot, Girls Discus

Second Rotation: Boys Pole Vault, Girls Long Jump, Boys High Jump, Girls Shot, Boys Discus

We will have first call for running events at 5:00 p.m. The rotation for running events is as follows:

### **RUNNING EVENTS**

4 x 800 m. Relay, 75 m. Hurdles, 100 m. Dash, 4 x 200 m. Relay, 1600 m. Run, 400 m. Dash, 200 M. Hurdles, 4 x 100 m. Relay, 800 m. Run, 200 m. Dash, 3200 m. Run, Shuttle Hurdle Relay, 4 x 400 m. Relay

Hot and cold concessions will be available by the Preston High Track Parents. Admission is \$5.00 per person.

We hope you and your team enjoy participating at our facility. We strive to host events that are competitive, exciting, and efficient.

Sincerely,

**PRESTON HIGH TRACK & FIELD COACHES**