

280 Scenic Drive

Point Pleasant, WV 25550

May 3, 2014

To : Track Coaches

Cabell Midland High School	Huntington High School	Hurricane High School
Lincoln County High School	Logan High School	Nitro High School
Point Pleasant Jr/Sr High School	Spring Valley High School	St. Albans High School
Winfield High School		

From: Matt Cottrill, Meet Director

Re: AAA Regional Track Meet

The Region IV Class Track Meet will be held at Point Pleasant Jr/Sr High School on Friday May 16, 2014. The meet will begin with a coaches meeting at 3:15 PM. Scratches must be submitted to the track tower prior to this time.

Field events will begin at 4:00 PM First Session: Boys Discus, Girls Shot Put, Boys Long Jump, Girls High Jump, and Boys Pole Vault

Running events will begin at 4:00 PM with the order of events for a two-session meet as listed in the February issue of the Interscholastic.

Schedule: Two session meet schedule as determined by WVSSAC guidelines.

Field Event schedule: Girls High Jump and Shot (boys follow)
Boys Pole Vault, Long Jump, Discus (girls follow)

Entries: All entries must be submitted by email through Team Manager Lite. See <http://www.midlandrunning.com/HyTek/index.htm> for program download. The meet event file is available at the following link:
http://www.wvssac.org/new_site/WVSSAC_WebSite/HTML/sportsandschedules/sportsscheduletrack.htm

Entries are limited to 3 athletes per individual events and one team per relay event.

Coaches are reminded that all seed times must come from actual FAT performances from the 2014 season and must be verifiable. Anticipated times will not be accepted.

Send all entries to Pat@tristateracer.com. **Entry Deadline is Thursday, May 15, 2014. Entries must be received by 8:00 AM.**

Please check to make sure all rosters (eligibility sheets) are up to date on the WVSSAC website. No athlete can be entered if they are not already on the eligibility sheet. Rosters will be pulled on Monday, May 9, 2014 at 8:00 AM.

Scratches: All scratches/substitutions are due no later than 3:15 PM on meet day. These can be made at the Track Tower beside the finish line. You can email early scratches/substitutions to Pat@tristateracer.com by 11:00 AM on meet day.

Cost: No cost to teams. Gate prices are \$6 for adults and \$5 for students.

Meal: Dinner will be provided during the break.

Awards: Top 3 in each event, High Point, Team Champion, Most Outstanding Performance

T-Shirts: Will be on sale during the meet.

Admission: Adults-\$6-Students-\$5 as established by WVSSAC. Only WVSSAC passes may be utilized and those individuals must sign in and may be asked for identification.

There will be a concession stand available throughout the meet. It will open at 3:00 PM.

Remember if you have added an athlete to your eligibility with the WVSSAC since the beginning of the season, your roster also needs to be updated. Rosters will be pulled on Friday May 9, 2014.

Tennis balls will be provided for markings in the relay races. Tape cannot be used for marking in the relays. Batons will be furnished for the relays.

Pole Vault forms – just a reminder for coaches to bring pole vault verification form to regional meet.

Questions please call me or text me at 304-675-0305. If I am not available, please leave a message and tell me the best time to contact you and a number and I will get back to you ASAP. You may also email me at jcottril@access.k12.wv.us.

Thank You,

Matt Cottrill
Regional Meet Director

AAA-Region IV Championships

Field Events:

Girls: High Jump and Shot (boys follow)

Boys: Pole Vault, Long Jump, Discus (girls follow)

Time Schedule for Running Events

4:00	100 Hurdle Trials
4:10	110 Hurdle Trials
4:20	100 Trials (G/B)
4:30	3200m Run-Girls
4:45	200m Trials (G/B)
5:00	3200m Run- Boys
5:15	400m Finals (G/B)
Break	
6:00	4x800m Relay (G/B)
6:30	100/110 HH Finals (G/B)
6:40	100m Finals (G/B)
6:45	4x200m Relay (G/B)
7:00	1600m Run (G/B)
7:20	300m IH Finals (G/B)
7:40	4x100m Relay (G/B)
7:55	800m Final (G/B)
8:05	200m Final (G/B)
8:15	Shuttles (G/B)
8:45	4x400m Relay (G/B)

All WVSSAC Rules

will be in effect and enforced.