

# Geico Invitational

## In memory of Carlos Akers & Doc Hale

**When:** March 28th (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)**

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

***Meet will be on a timed schedule to be passed out day of meet***

**Scratches:** Scratches/Add are due no later than 9:45am on meet day. You can email early scratches/adds by midnight on Friday (March 27<sup>th</sup>) or earlier to [mlucas1215@gmail.com](mailto:mlucas1215@gmail.com).

**Cost:** \$70 per team or \$100 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](http://www.midlandrunning.com) The Carlos Akers Memorial Hytek file can be found on [www.midlandrunning.com](http://www.midlandrunning.com) or [www.runwv.com](http://www.runwv.com). Also, for coaches unsure of how to enter using the Hytek system, a tutorial can be found on [www.midlandrunning.com](http://www.midlandrunning.com) that will make it simple.

**Entry deadline is March 25<sup>th</sup> (Wednesday).** Email your Hytek file to [mlucas1215@gmail.com](mailto:mlucas1215@gmail.com)

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

**Awards:** Individual 1-6  
Teams 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup>  
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](mailto:coachparsons@yahoo.com)**