

John Adams Middle School

202 Presidential Drive
Charleston WV 25314

Middle School Track Coaches:

It is our privilege to invite you to participate in the First John Adams Middle School Relays. The meet will be held on Tuesday April 14th, 2015 at the University of Charleston Stadium in Charleston, WV. Reserve your spot now since the number of teams is limited to 12 schools. Dinner will be provided for all coaches. (No athletes please)

Time Schedule: This is a relays meet. We will start Field events at 4:45pm and Running at 5:00pm. For Field Events the top 2 athletes from your team will be and their height/distances will be added together to come up with a team score. All running events are relays.

Awards: Team Trophies for 1st and 2nd Places. Medals for 1st place. Ribbons for 2nd – 6th places.

Entry Sheets: You may enter 2 relays per event and 6 athletes in the field events. Hy-Tek entries are mandatory. Event file can be found on www.runwv.com. Send entries to Meet Director Shawn Wheeler at gwtrackmeets@gmail.com.

Scratch Sheets: Turn in a scratch sheet by 4:00 PM or sooner. Deadline:

Deadline: Friday April 10th, 2015 by 4:00PM

Entry Fee: \$45 Varsity Team \$80/for both a Boys and Girls Varsity Team. Make Check Payable to **John Adams Middle School**

Sincerely ,

November Hardway
Head Track & Field Coach
John Adams Middle School

JOHN ADAMS RELAYS

FIELD EVENTS 4:45

4 (2 B/2 G) FIRST PLACE MEDALS/ 4 SECOND-SIXTH PLACE MEDALS

HIGH JUMP (G/B)

LONG JUMP (B/G)

POLE VAULT (G/B)

SHOT PUT (B/G)

DISCUS (G/B)

RUNNING EVENTS 5:00 (ALL EVENTS GIRLS FOLLOWED BY BOYS)

8 (4 B/4 G) FIRST PLACE MEDALS/ 8 SECOND-SIXTH PLACE MEDALS

DISTANCE MEDLEY (1200-400-800-1600)

SHUTTLE HURDLE RELAY

BREAK

SPRINT MEDLEY (200-100-100-400)

4X800

4X200

SPRINT MEDLEY (400-200-200-800)

QUEEN/KING RELAY

4X100

4X400