

Monday, February 16, 2015

Track Coaches

**RE: Kanawha Valley Track & Field Officials Association Middle School Warm-Up Meet**

It is our privilege to extend to you an invitation to participate in the KVT & FOA Middle School Warm-Up Meet. The Meet will be held Saturday, March 21, 2015 at Laidley Field in Charleston, West Virginia. This meet will allow coaches to enter as many athletes per event as long as they stay within the WVSSAC guideline of no more than four individual events per athlete. No scoring will be done. This meet allows coaches to get FAT times and distances for their athletes.

**Awards:** No awards will be given.

**Entries:** Entries are to be submitted via Hy-tek Team Lite. The event file will be emailed to you once your wish to attend has been confirmed. You may enter as many contestants in each event. On meet day you may make scratches only. The deadline for entries is Tuesday, March 17, 2015. Entry files must be emailed to [mecavender81@suddenlink.net](mailto:mecavender81@suddenlink.net) by 3:00 p.m.

**Time Schedule:** Order of Events will follow the "One Session" format as listed in the WVSSAC interscholastic. This will be a rolling time schedule. The track meet will begin at 10:00 a.m.

**Regulations sent to us by Laidley Field:**

1. ¼" spikes required, NO SPIKES ON THE FOOTBALL FIELD OR IN THE BLEACHERS. Individuals will be disqualified if violating this rule.
2. No chewing gum on the track or football field.
3. Only Track Participants will be allowed on the track.
4. Tennis ball halves may be used to mark exchange zones for relays.
5. No smoking or tobacco use.

**Scratches:** Scratches are to be email to [mecavender81@suddenlink.net](mailto:mecavender81@suddenlink.net) by 9:00 p.m. on Friday, March 20, 2015.

**Entry Fee:** \$30.00 per team or \$55.00 for both male/female team. Make checks payable to Laidley Field with KVT & FOA on the memo line. The entry fee is to offset the cost of Laidley Field rental.

On behalf of the KVT & FOA,

Marshall Cavender  
Meet Director  
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