

“Mama” Parsons Middle School Memorial At Cabell Midland

When: April 13th (Monday)

Where: “Chris Parsons Track” at Cabell Midland High School

Time: 5:00pm Coaches & Team Captain meeting in Hospitality room
5:30pm Field Events

Girls (High Jump, & Discus) Boys follow
Boys (Long Jump & Shot Put) Girls follow

5:45pm

Running events (Timed Finals)

| | | | | | |
|---------------------------|-------|-----|------------|----------|-----|
| 1. | 3200 | G/B | 8. | 1600 | G/B |
| 2. | 400 | G/B | 9. | 200LH | G/B |
| 20-30 minute break | | | | | |
| 3. | 4x800 | G/B | 10. | 4x100 | G/B |
| 4. | 100 | G/B | 11. | 800 | G/B |
| 5. | 75HH | G | 12. | 200 | G/B |
| 6. | 65HH | B | 13. | Shuttles | G/B |
| 7. | 4x200 | G/B | 14. | 4x400 | G/B |

Meet will be on a rolling schedule

Entry: All schools must enter in Hytek Team Manager. Team Manager Lite can be downloaded from www.midlandrunning.com The Mama Parsons Memorial Hytek file can be found on www.midlandrunning.com or www.runwv.com. Also, for coaches unsure of how to enter using the Hytek system, a tutorial can be found on www.midlandrunning.com that will make it simple. **Limit 3 per event and 1 relay. Additional entries, contact coachparsons@yahoo.com**

Entry deadline is April 11th (Saturday) by 5pm. Email your Hytek file to mlucas1215@gmail.com

Scratches: Scratches/Add's are due no later than 4:30pm on meet day. You can email early scratches/add's by midnight on Sunday (April 12th) or earlier to mlucas1215@gmail.com.

Cost: \$50 per team or \$80 for both girls & boys teams
Make checks payable to “Cabell Midland High School”

Mail checks to: *Chris Parsons
Cabell Midland High School
2300 Route 60east
Ona, WV 25545*

Awards: Individual 1-6
Teams 1st & 2nd
High Point Trophy to girl & boy

Dinner will be provided to all coaches

ALL WVSSAC RULES WILL BE IN EFFECT

Any questions, contact Chris Parsons at coachparsons@yahoo.com