

Last Chance Invitational

Tuesday, April 26th, 2016

Huntington High School would like to invite your team to participate in the Last Chance Invitational at Huntington High. The meets will be held on Tuesday, April 26th at Huntington High School, right off of the Hal Greer exit of Interstate 64 in Huntington, WV. The facility is a 9-lane rubberized track, with rubberized areas for high jump, and long jump and regulation concrete areas for shot-put and discus. All National Federation and WVSSAC rules will be in effect. The meet is limited in teams so please email me ASAP with your intention of coming.

When: Tuesday, April 26th. Field events begin at 4:30, running events begin at 5:15. Rolling Schedule. One Session Schedule

Where: Huntington High School Track

Cost: Entry fee of \$40/team. \$75/school (boys and girls team) Make Checks payable to Huntington High School

Purpose: This meet is designed for athletes that may not get the opportunity to compete in the end of the season meets (Gazettes, Conference, Regional), or to allow an athlete try an event they may not usually get the opportunity to participate in.

Awards: 1st place team. 1st-6th place ribbons.

Entries: unlimited entries, maximum 4 events per athlete

Complete entries must be received on the Monday prior by 10:00am. Hy-Tek files will be on runwv.com

Mail Checks to:

Huntington High School

Attn: Justin Cox-Track Coach

1 Highlander Way Huntington, WV 25701

Email Hy-Tek entries to: Robert St. Clair

rlstclai@k12.wv.us

Any questions feel free to contact: Justin Cox, 304-412-0507, jtcox@k12.wv.us or Rob Ward, wward@k12.wv.us

Meet Tentative Time Schedule (This will be a rolling schedule)

4:15 1st Call Field Events

4:30 Girls Shot (Boys Follow)
Boys Discus (Girls Follow)
Girls High Jump (Boys Follow)
Boys Long Jump (Girls Follow)
Boys Pole Vault (Girls Follow)

5:15 4x800 m relay

5:45 100/110m hurdles

6:00 100 m dash

6:10 4x200m relay

6:20 1600m run

6:35 400m dash

Break

7:15 300m hurdles

7:30 4x100m relay

7:35 800m run

7:50 200m dash

8:00 3200m run

8:30 Shuttle Hurdle Relay

8:45 4x400m relay