

HHS Middle School Invitational

Huntington High School would like to invite your team to participate in our Middle School Season Opener. The meet will be held on March 31st 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 respond in a timely manner.

When: Thursday, March 31st, 2016

Field events begin at 4:30, running events begin at 5:15

Where: Huntington High School Track

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

Awards: 1st, and 2nd place team. 1st place individual medals, 2-6 ribbons.

Entries: 3 entries per event/1 relay. May have A and B team

Complete entries must be received on Wednesday, March 30th by 2:30pm. Please mail checks by Wednesday, March 30th as well.

Order of Events: Middle School one session as found in the WV Interscholastic

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 call:

Justin Cox, 304-412-0507 or email jtcox@ k12.wv.us

Meet Notes:

-Minimum Marks

	<u>Girls</u>	<u>Boys</u>
Shotput	18-00ft	20-00ft
Discus	35-00ft	45-00ft
Long Jump	10-00ft	15-00ft
High Jump	3-10ft	4-2ft

-Entry Marks

Please make an effort to include times/distances for each athlete so that the meet can be seeded and ran efficiently.

-Check-In

Check-in will be at the start of the 100m dash for all events, unless otherwise announced. Athletes in events 400m and below will get hip number and section number.

-Hospitality Room

There will be a hospitality room for coaches, officials, and volunteers at the Break

Tentative Time Schedule (Schedule will be rolling, but this is a guide)

4:15 1st call for field events Boys Long Jump/Boys Shotput/Girls High Jump

4:30 Boys Long Jump, Girls will follow
Boys Shotput, Girls will follow
Girls High Jump, Boys will follow

5:15 3200m run (Girls)

5:25 3200m run (Boys)

5:40 400m dash (Girls)

5:55 4:00m dash (Boys)

6:10 -----Break-----

6:40 4x800m relay (Girls)

6:55 4x800m relay (Boys)

7:05 75m hurdles (Girls)

7:15 75m hurdles (Boys)

7:25 100m dash (Girls)

7:35 100m dash (Boys)

7:45 4x200m relay (Girls)

7:55 4x200m relay (Boys)

8:05 1600m run (Girls)

8:15 1600m run (Boys)

8:25 200m hurdles (Girls)

8:35 200m hurdles (Boys)

8:45 4x100m relay (Girls)

8:50 4x100m relay (Boys)

8:55 800m run (Girls)

9:00 800m run (Boys)

9:05 200m dash (Girls)

9:15 200m dash (Boys)

9:25 Shuttle Hurdle Relay (Girls)

9:30 Shuttle Hurdle Relay (Boys)

9:35 4x400m relay (Girls)

9:45 4x400m relay (Boys)