

Hurricane Sheetz Invitational

When: Thursday, April 7th

Where: Hurricane High School

Time: 4:30 Coaches Meeting / Scratches

4:45 ***Field Events***

Boys (Pole Vault, Long Jump, Discus) Girls follow

Girls (High Jump, Shot Put) Boys follow

5:15 ***Running Events*** – One Session Meet, Timed Finals

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|----------------------|--------------------------|
| 1. 4 x 800m Relay | 8. 300m IH |
| 2. 100m High Hurdles | 9. 4 x 100m Relay |
| 3. 110m High Hurdles | 10. 800m Run |
| 4. 100m Dash | 11. 200m Dash |
| 5. 4 x 200m Relay | 12. 3200m Run |
| 6. 1600m Run | 13. Shuttle Hurdle Relay |
| 7. 400m Dash | 14. 4 x 400m Relay |

Cost: \$60 per team or \$100 for both boys & girls teams

Make checks payable to "***Hurricane High School***"

Mail checks to: Hurricane High School
3350 Teays Valley Road
Hurricane, WV 25526

Entries: All teams must enter using Hy-Tek Team Manager. Entries can be e-mailed to Pat Riley with TSR Timing Group at pat@tristateracer.com. **Entry deadline is 8:00am on Thursday, April 7th**. The event file can be found on RunWV.

Schools may enter 3 athletes per event and 1 relay team per event. This meet will be limited to a total of 10 teams.

A tutorial on how to enter using the Hy-Tek system can be found at <http://www.midlandrunning.com/hytek/>.

Awards: 1st & 2nd place team trophy (Boys & Girls)
High Point Trophy (Boys & Girls)
Individual 1st- 6th

Food: There will be concessions and meals will be provided to coaches.

If you have any questions contact Coach Eric Cooper at escooper3@gmail.com.

Best of luck to everyone this season!