

John Adams Middle School

202 Presidential Drive
Charleston WV 25314

Middle School Track Coaches:

It is our privilege to invite you to participate in the First Falcon Invitational hosted by John Adams Middle School. The meet will be held on Friday April 8th, 2016 at the University of Charleston Stadium in Charleston, WV. Reserve your spot now since the number of teams is limited to 12 schools at gwtrackmeets@gmail.com. Dinner will be provided for all coaches. (No athletes please)

Time Schedule: We will follow the order of events for a “One Session” format as listed in the WVSSAC Interscholastic. This will be a rolling schedule. The meet will begin with the field events starting at 4:45 PM and the running events starting at 5:00 PM. All times are final and there will be 3 throws in shot and discus and 3 jumps in long jump.

Awards: Team Trophies for 1st and 2nd Places. Medals for 1st place. Ribbons for 2nd – 6th places.

Entry Sheets: You may enter 5 athletes in each event and 2 relays. Only 2 athletes can score per event per event and 1 relay. You may substitute, but not add. Hy-Tek entries are mandatory. Event file can be found on www.runwv.com. Send entries to Meet Director Shawn Wheeler at gwtrackmeets@gmail.com.

Scratch Sheets: Turn in a scratch sheet by 4:00 PM or sooner.

Deadline: Monday April 4th by 4:00PM

Entry Fee: \$45 Varsity Team \$80/for both a Boys and Girls Varsity Team. Make Check Payable to **John Adams Middle School**

Sincerely,

Bob Mullet
Head Track & Field Coach
John Adams Middle School