

Carlos Akers & Doc Hale Memorial

When: MARCH 30th (Friday)

Where: "Chris Parsons Track" at Cabell Midland High School

Time: 4:45pm Coaches & Team Captain meeting in Hospitality room

5:00pm

Field Events

Girls (High Jump, & Discus) Boys follow

Boys (Pole Vault, Long Jump & Shot Put) Girls follow

5:15pm

Running events (Timed Finals)

| | | | | | |
|---------------------------|-------|-----|------------|----------|-----|
| 1. | 3200 | G/B | 8. | 1600 | G/B |
| 2. | 400 | G/B | 9. | 300IH | G/B |
| 20-30 minute break | | | | | |
| 3. | 4x800 | G/B | 10. | 4x100 | G/B |
| 4. | 100 | G/B | 11. | 800 | G/B |
| 5. | 100HH | G | 12. | 200 | G/B |
| 6. | 110HH | B | 13. | Shuttles | G/B |
| 7. | 4x200 | G/B | 14. | 4x400 | G/B |

Meet will be on a timed schedule to be passed out day of meet

Scratches: Scratches/Add are due no later than 4:45pm on meet day. You can email early scratches/adds by 7:00pm on Thursday (March 29th) or earlier to mcavender@mail.kana.k12.wv.us.

Cost: \$70 per team or \$100 for both girls & boys teams
Make checks payable to "Cabell Midland Athletic Boosters"

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

Entry: All schools must enter in Hytek Team Manager. Team Manager Lite can be downloaded from www.midlandrunning.com The Carlos Akers Memorial Hytek file can be found on 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.

Entry deadline is March 27th (Tuesday). Email your Hytek file to:
mcavender@mail.kana.k12.wv.us

Schools may enter 3 athletes per event and 1 relay team per event

Awards: Individual 1-6
Teams 1st – 2nd – 3rd

Dinner will be provided to all coaches

ALL WVSSAC RULES WILL BE IN EFFECT

Email Coach Chris Parsons at coachparsons@yahoo.com to secure a spot.