

## *DuPont Middle School*

1 Williams Ave.  
Charleston, WV 25306  
Phone (304) 348-1134

November 15, 2019

Middle School Track Coaches:

It is our privilege to invite you to participate in the First DuPont Invitational . The meet will be held on Thursday March 21, 2019 at the University of Charleston Stadium in Charleston, WV. Reserve your spot now since the number of teams is limited to 12 schools. Dinner will be provided for all coaches. (No athletes please)

**Time Schedule:** We will follow the order of events is attached. 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. High Point Trophy for both boys and girls.

**Entry Sheets:** You may enter 5 athletes in each event and 2 relays. Only 2 athletes can score per event and 1 relay. You may substitute. Hy-Tek entries are mandatory. Event file can be found on [www.runwv.com](http://www.runwv.com). Send entries to Meet Director Shawn Wheeler at [gwtrackmeets@gmail.com](mailto:gwtrackmeets@gmail.com).

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

**Deadline:** Sunday March 17, 2019 by Noon

**Entry Fee:** \$45 Varsity Team \$80/for both a Boys and Girls Varsity Team.  
Make Check Payable to George Washington High School

Sincerely,

Shawn Wheeler  
Athletic Director  
George Washington High School  
(304)610-7046 (cel)  
e-mail: [gwtrackmeets@gmail.com](mailto:gwtrackmeets@gmail.com)

*A Tradition of Excellence*

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# **DuPont Invitational Schedule of Events**

## **4:30PM Coaches Meeting at the Start/Finish Line**

### **4:45PM Field Events**

Long Jump (B/G)

High Jump (G/B)

Pole Vault (B/G)

Shot Put (G/B)

Discus (B/G)

### **5:00PM Running Events**

3200m Run

400m Dash

30 Minute Break

4x800m Relay

75m Hurdles

100m Dash

4x200m Relay

1600m Run

200m Hurdles

4x100m Relay

800m Run

200m Dash

Shuttles

4x400m Relay

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