

Saturday, January 5, 2019

Track Coaches

RE: Kanawha Valley Track & Field Officials Association High School Warm-Up Meet

It is our privilege to extend to you an invitation to participate in the KVT & FOA High School Warm-Up Meet. We will be hosting a limited number of teams due to the fact we are allowing multiple entries per event. We will take teams on a first contact basis. The meet will be held Friday, March 15, 2019 at Laidley Field in Charleston, West Virginia. This meet will allow coaches to enter as many athletes per event if they stay within the WVSSAC guideline of no more than four individual events per athlete. No scoring will be done. This meet allows coaches to get FAT times and distances for their athletes.

Awards: No awards will be given.

Entries: Entries are to be submitted via Hy-tek Team Lite. The event file will be emailed to you once your wish to attend has been confirmed. You may enter as many contestants in each event. On meet day, you may make scratches only. The deadline for entries is Wednesday, March 13, 2019. Entry files must be emailed to mecavender81@suddenlink.net by 3:00 p.m.

Time Schedule: Order of Events will follow the "One Session" format as listed in the WVSSAC interscholastic. This will be a rolling time schedule. The track meet will begin at 5:00 p.m.

Regulations sent to us by Laidley Field:

1. ¼" spikes required, ABSOLUTELY NO SPIKES ON THE FOOTBALL FIELD OR IN THE BLEACHERS. Individuals will be disqualified if violating this rule.
2. Only Track Participants will be allowed on the track.
3. Tennis ball halves may be used to mark exchange zones for relays.
4. No smoking or tobacco use.

Scratches: Scratches can be email to mecavender81@suddenlink.net by 1:00 p.m. on Friday, March 15, 2019. All other scratches are due by 4:00 p.m. at Laidley Field, Friday, March 15th.

Entry Fee: \$40.00 per team or \$70.00 for both male/female team. Make checks payable to Laidley Field with KVT & FOA on the memo line. The entry fee is to offset the cost of Laidley Field rental.

On behalf of the KVT & FOA,

Marshall Cavender
Meet Director
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