

"Mama" Parsons Middle School Memorial **At Cabell Midland**

When: April 11th (Thursday)

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

Time: 5:00pm Coaches & Team Captain meeting in Hospitality room
5:30pm **Field Events**

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

5:45pm

Running events (Timed Finals)

1.	3200	G/B	8.	1600	G/B
2.	400	G/B	9.	200LH	G/B
20-30 minute break					
3.	4x800	G/B	10.	4x100	G/B
4.	100	G/B	11.	800	G/B
5.	75H	G/B	12.	200	G/B
7.	4x200	G/B	13.	Shuttles	G/B
			14.	4x400	G/B

Meet will be on a rolling schedule

Entry: All schools must enter in Hytek Team Manager. Team Manager Lite can be downloaded from **www.midlandrunning.com** The Mama Parsons 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. **Limit 3 per event and 1 relay. Additional entries, contact coachparsons@yahoo.com**

Entry deadline is April 9th (Tuesday) by 7pm. Email your Hytek file to Marshall Cavender **mcavender@mail.kana.k12.wv.us**

Scratches: Scratches/Add's are due no later than 4:30pm on meet day. You can email early scratches/add's by 10AM on Thursday (April 11th) or earlier to **mcavender@mail.kana.k12.wv.us**

Cost: \$60 per team or \$90 for both girls & boys teams
Make checks payable to "Cabell Midland High School"

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

Awards: Individual 1-6
Teams 1st & 2nd

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.