

Hurricane Sheetz Invitational

When: Saturday, March 30th

Where: Hurricane High School

Time: 10:30 Coaches Meeting / Scratches

11:00 **Field Events**

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

12:00 **Running Events** – One Session Meet, Timed Finals

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|-------------------|--------------------------|
| 1. 4 x 800m Relay | 8. 300m IH |
| 2. 100m HH | 9. 4 x 100m Relay |
| 3. 110m HH | 10. 800m Run |
| 4. 100m Dash | 11. 200m Dash |
| 5. 4 x 200m Relay | 12. 3200m Run |
| 6. 1600m Run | 13. Shuttle Hurdle Relay |
| 7. 400m Dash | 14. 4 x 400m Relay |

Cost: \$60 per team or \$100 for both boys & girls teams
Make checks payable to "**Hurricane High School**"
Mail checks to: Hurricane High School
3350 Teays Valley Road
Hurricane, WV 25526

Entries: All teams must enter using Hy-Tek Team Manager. Entries can be e-mailed to Marshall Cavender at mecavender81@suddenlink.net. **Entry deadline is 6:00pm on Wednesday, March 27th**. The event file will be posted on RunWV. Please specify that your entries are for the Hurricane Sheetz Invitational in your email to Marshall.

A tutorial on how to enter using the Hy-Tek system can be found at <http://www.midlandrunning.com/hy-tek.html>.

Awards: 1st & 2nd place team trophy (Boys & Girls)
High Point Trophy (Boys & Girls)
Individual 1st – 6th Ribbons

Food: There will be concessions & meals provided to coaches.

If you have any questions, contact Coach Eric Cooper at escooper3@gmail.com.