

Carlos Akers & Doc Hale Memorial

When: April 4th (Saturday)

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

Time: 10:00am Coaches & Team Captain meeting in Hospitality room

10:30am

Field Events

Girls (High Jump, & Discus) Boys follow

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

11:30am

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

Scratches: Scratches/Adds are due no later than 9:45am on meet day. You can email early scratches/adds by NOON on Friday (April 3rd) 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 April 1st (Wednesday). 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

Lunch will be provided to all coaches

All WVSSAC Rules will be in effect

Any questions, contact Coach Chris Parsons at coachparsons@yahoo.com