

DuPont Middle School

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

January 7, 2020

Middle School Track Coaches:

It is our privilege to invite you to participate in the DuPont Invitational . The meet will be held on Thursday April 9, 2020 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. Send entries to Meet Director Shawn Wheeler at gwtrackmeets@gmail.com.

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

Deadline: Monday April 6, 2020 by Noon

Entry Fee: \$50 Varsity Team \$90/for both a Boys and Girls Varsity Team.
Make Check Payable to DuPont Middle School

Sincerely,

Shawn Wheeler
Athletic Director
George Washington High School
(304)610-7046 (cel)
e-mail: 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
100m Hurdles Girls 30"
100m Hurdles Boys 33" 100m Dash
4x200m Relay
1600m Run
200m Hurdles
4x100m Relay
800m Run
200m Dash
Shuttles
4x400m Relay

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