

PARKERSBURG SOUTH HIGH SCHOOL

"A West Virginia School of Excellence"

1511 Blizzard Drive
Parkersburg, WV 26101

Phone: 420-9610
Fax: 420-9607

TO: Head Boys' and Girls' Track Coaches
FROM: Jason Jones & Tara Swiger, Head Track Coaches
RE: ERICKSON INVITATIONAL

DATE: Friday, April 24, 2020

TIME: Scratches due at 3:45 PM and coaches meeting at 3:45 PM. Please report to the Bull Pen, near the pole vault.

Field Events -	4:00 PM
1st Session -	5:00 PM
Break -	6:15 PM (Approx.)
2nd Session -	6:45 PM (Approx.)

SCHEDULE: We will follow the order of events for a Two Session meet as listed in the Feb. 2020 WVSSAC Interscholastic. This will be a rolling schedule. There will be 4 throws in the shot and discus and 4 jumps in long jump with an open pit. All throws and jumps are final.

ENTRY FEE: **\$60.00 per Team or \$100.00 per School**
(Payable to PSHS Athletic Department – Due before the start of the meet)

ENTRIES: **Each team will be allowed 3 entries per event and one relay team.** Entries will be through Baumspage.com (Erickson Invitational). The entry window will be open Monday, April 6th @ 8:00 AM through Wednesday, April 22nd @ 9:00 PM.
Emergency scratches can be made the day of the meet, but please keep them to a minimum.

AWARDS: Plaques for 1st Place Teams
High Point for Girls and Boys.
Awards for 1st place winners of each event
Ribbons for 2nd – 6th place.

MEDICAL: A training area will be provided. Athletes must provide their own tape.

HOSPITALITY: Dinner will be provided for all coaches, officials, and workers during the break.

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ORDER OF EVENTS;

Two Session Meet

100/110 Meter High Hurdle Trials
100 Meter Dash Trials
3200 Meter Run - Girls
200 Meter Dash Trials
3200 Meter Run - Boys
400 Meter Dash
BREAK
4x800 Meter Relay
100/110 Meter High Hurdle Finals
100 Meter Dash Finals
4x200 Meter Relay
1600 Meter Run
300 Meter Low/Intermediate Hurdles
4x100 Meter Relay
800 Meter Run
200 Meter Dash Finals
Shuttle Hurdle Relay
4x400 Meter Relay

Field Events

1st

Girls Shot Put
Boys Discus
Girls High Jump
Boys Long Jump
Boys Pole Vault

2nd

Girls Discus
Boys Shot Put
Girls Long Jump
Boys High Jump
Girls Pole Vault