

George Washington High School

1522 Tennis Club Road
Charleston, WV 25314
Phone (304) 348-7729
<http://gwhs.kcs.kana.wv.us>

January 7, 2020

Middle School Track Coaches:

It is our privilege to invite you to participate in the Annual Jimmy Johns Classic . The meet will be held on Thursday April 16, 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. Trophy 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 13, 2020 by Noon

Entry Fee: \$50 Varsity Team \$90/for both a Boys and Girls Varsity Team.
Make Check Payable to George Washington High 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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Jimmy Johns 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

100m Dash

4x200m Relay

1600m Run

200m Hurdles

4x100m Relay

800m Run

200m Dash

Shuttles

4x400m Relay

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