

# **"Mama" Parsons Middle School Memorial** **At Cabell Midland**

**When:** April 9th (Thursday)

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

**Time:** 5:00pm Coaches & Team Captain meeting in Hospitality room

5:30pm

## **Field Events**

Girls (High Jump, & Discus) Boys follow

Boys (Long Jump & Shot Put) Girls follow

Boys (Pole Vault) Girls follow

5:45pm

## **Running events (Timed Finals)**

<b>1.</b>	3200	G/B	<b>8.</b>	1600	G/B
<b>2.</b>	400	G/B	<b>9.</b>	200LH	G/B
<b>20-30 minute break</b>					
<b>3.</b>	4x800	G/B	<b>10.</b>	4x100	G/B
<b>4.</b>	100	G/B	<b>11.</b>	800	G/B
<b>5.</b>	100H	G/B	<b>12.</b>	200	G/B
<b>7.</b>	4x200	G/B	<b>13.</b>	Shuttles	G/B
			<b>14.</b>	4x400	G/B

***Meet will be on a rolling schedule***

**Entry:** All schools must enter in Hytek Team Manager. Team Manager Lite can be downloaded from [www.midlandrunning.com](http://www.midlandrunning.com) The Mama Parsons Memorial Hytek file can be found on [www.runwv.com](http://www.runwv.com). Also, for coaches unsure of how to enter using the Hytek system, a tutorial can be found on [www.midlandrunning.com](http://www.midlandrunning.com) that will make it simple. **Limit 3 per event and 1 relay. Additional entries, contact [coachparsons@yahoo.com](mailto:coachparsons@yahoo.com)**

**Entry deadline is April 7th (Tuesday) by 7pm.** Email your Hytek file to Marshall Cavender [mcavender@mail.kana.k12.wv.us](mailto:mcavender@mail.kana.k12.wv.us)

**Scratches:** Scratches/Add's are due no later than 4:30pm on meet day. You can email early scratches/add's by 10AM on Thursday (April 9th) or earlier to [mcavender@mail.kana.k12.wv.us](mailto:mcavender@mail.kana.k12.wv.us)

**Cost:** \$60 per team or \$90 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**

**Awards:** Individual 1-6  
Teams 1<sup>st</sup> & 2<sup>nd</sup>

**Dinner will be provided to all coaches**

*All WVSSAC Rules will be in effect*

**Email Coach Chris Parsons at [coachparsons@yahoo.com](mailto:coachparsons@yahoo.com) to secure a spot.**