

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, May 14, 2021

TIME: Scratches due at 4:00, coaches meeting at 4:00 PM. Please report to the tent at the start of the 100m.

Field Events -	4:15 PM
Running -	5:00 PM
Break - after the 400m	6:00 PM (Approx.)
Resume -	6:30 PM (Approx.)

SCHEDULE: We will follow the order of events for a Two Session meet as listed on the WVSSAC Interscholastic website (2021). This will be a rolling schedule. There will be 3 throws in the shot and discus and 3 jumps in long jump and finals to follow.

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, May 10th @ 8:00 AM through Wednesday, May 12th @ 9:00 PM. Emergency scratches can be made the day of the meet, but please keep them to a minimum.

AWARDS: 1st Place Teams
High Point for Girls and Boys.
Ribbons for 1st– 6th place.

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

HOSPITALITY: TBA

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Welcome to the Parkersburg South High School Erickson Invitational

Dear Track Coaches:

May 5, 2021

- All buses will be parked outside the track stadium in the parking lot next to the Erickson facility
- Enclosed in your packet will be the schedule of events, records, sportsmanship statement, performance sheets, list of competitor numbers, and relay cards.
- **We will have designated areas for each team to set up their tents- COVID Guidelines. All tents must be on the visitor's side, opposite of the press box.**
- Emergency scratches need to be submitted by 4:00 PM. Scratch/adds for field events will be done at field events.
- Coaches will meet with the Referee at the start of the 100-meter dash (near scoreboard) at 4:00 PM.
- Scoring is 10-8-6-4-2-1
- The bull pen will be located near the start of the 100-meter dash (scoreboard side of the field). **Athletes must have a mask on unless they are warming up or competing.**
- Throwing areas are located outside of the track up on the hill to the right of the facility.
- A training area will be provided near the finish line.
- Water for the athletes will NOT be provided at the finish line. Athletes must bring their own drinks.
- Individual high point nominations are due to the press box by the end of the Shuttle Hurdle Relay.
- Ribbons and results can be picked up in the press box at the conclusion of the meet.
- A concession stand will be open to serve your athletes and spectators.
- Starting heights for field events will be announced at coaches meeting.

Any questions please see Jason Jones or Tara Swiger

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ORDER OF EVENTS: Two Session Meet

100/110m HH Trials
100m Dash Trials
Girls 3200 Meter Run
200m Dash Trials
Boys 3200m Run
400m Run – Finals
Break – 30 Mins.
4x800m Relay
100/110mHH - Finals
100m Dash Finals
4x200m Relay
1600m Run
300mIH
4x100m Relay
800m Run
200m Dash Finals
Shuttle Hurdle Relay
4x400m Relay

Field Evet Order

Girls Shot Put..Boys to follow
Boys Discus..Girls to follow
Girls High Jump..Boys to follow
Boys Long Jump..Girls to follow
Boys Pole Vault..Girls to follow