



# Parkersburg South High School Athletics

1511 Blizzard Drive  
Parkersburg, WV 26101  
(304) 420-9617 • Fax (304) 420-9624



Jennifer Null  
Athletic Director

Betsy Patterson  
Principal

Amanda Young  
Athletic Secretary

## **Regional Track Letter 2021**

To: Track Coaches

Buffalo	St. Joseph Central
Calhoun County	Tolsia
Gilmer County	Tug Valley
Hannan	Van
Man	Wirt
Ravenswood	Wahama
Sherman	

From: Jennifer Null, Meet Director

Re: A Regional Track Meet 2021

The Region IV Class A Track Meet will be held at Erickson All-Sports Facility on Wednesday, June 2<sup>nd</sup>. The meet will begin with a **coaches meeting at 3:45pm**. Scratches must be submitted to the press box prior to this time. Pole Vault Weight Verification Forms will be submitted at the coaches meeting. Shot put and discus weigh-ins will be from 4-4:30pm.

### **Field events will begin at 4:30pm**

First Session: Girls Shot Put, Boys Discus, Girls High Jump, Boys Long Jump, Boys Pole Vault  
Second Session: Girls Discus, Boys Shot Put, Girls Long Jump, Boys High Jump, Girls Pole Vault

**Running events will begin at 5:30pm** with the order of events for a two-session meet as listed in the February issue of the Interscholastic.

First Session High School			Second Session High School		
1.	100 (M) HH 33" 100 (M) HH 39"	(G) Trials (B) Trials	1.	4 X 800 (M) Relay 4 X 800 (M) Relay	(G) (B)
2.	100 (M) Dash 100 (M) Dash	(G) Trials (B) Trials	2.	100 (M) HH 33" 100 (M) HH 39"	(G) (B)
3.	3200 (M) Run	(G) Finals	3.	100 (M) Dash 100 (M) Dash	(G) (B)
4.	200 (M) Dash 200 (M) Dash	(G) Trials (B) Trials	4.	4 X 200 (M) Relay 4 X 200 (M) Relay	(G) (B)
5.	3200 (M) Run	(B) Finals	5.	1600 (M) Run 1600 (M) Run	(G) (B)
6.	400 (M) Dash 400 (M) Dash	(G) Trials (B) Trials	6.	300 (M) LH 30" 300 (M) IH 36"	(G) (B)
<b>Field Events</b>  <b>Pole Vault (B &amp; G)</b> <b>High Jump (B &amp; G)</b> <b>Long Jump (B &amp; G)</b> <b>Shot Put (B &amp; G)</b> <b>Discus (B &amp; G)</b>			7.	4 X 100 (M) Relay 4 X 100 (M) Relay	(G) (B)
			8.	800 (M) Run 800 (M) Run	(G) (B)
			9.	200 (M) Dash 200 (M) Dash	(G) (B)
			10.	Shuttle Hurdle Relay Shuttle Hurdle Relay	(G) (B)
			11.	4 x 400 (M) Relay 4 x 400 (M) Relay	(G) (B)

The method of entries is by email utilizing Hy-Tek Team Manager program. You may download Team Manager Lite from [www.hy-tek.com/track/](http://www.hy-tek.com/track/) Click on Team Manager; Scroll down that page until you find Team Manager Lite; You will find a spot that says click here and you may download the program for free. This method not only saves the director time but also prevents data entry mistakes. The time or distance that the coach submits is what is listed for the athlete. All you need is the event file, which you may get the file from the RunWV web site: [www.runwv.com](http://www.runwv.com) – please feel free to download this information and fill your entries by email. Please use information the WVSSAC identifies for your team. **For Example: school name – Parkersburg South HS – team abbr: 0098 – short team name – Parkersburg South.** Please use the names of your athletes as they appear on your roster. If you have questions, you may contact Jason Jones at 304.290.2142 or Tara Swiger at 304.488.3947. Submit entries, in one email, to [jasonwv13@gmail.com](mailto:jasonwv13@gmail.com) , [tswiger@k12.wv.us](mailto:tswiger@k12.wv.us) , and [rickdeem@gmail.com](mailto:rickdeem@gmail.com) .

**All entries are due by no later than 3:00pm Sunday, May 30<sup>th</sup>.**

**Remember if you add an athlete to your eligibility with the WVSSAC that the roster also needs to be updated. Please check with your athletic director that your current roster is up to date on the WVSSAC website.**

*If a question arises during the scratch meeting regarding an entry time for an athlete or a relay, please have appropriate documentation to prove your entry time. If you do not have documentation, the meet director has the option to change the time based on the evidence presented to her on meet day.*

If you know that you have changes you would like to make after you send the entries, please email them by 3:00pm, June 2<sup>nd</sup>. I have also enclosed a copy of the scratch form in your letter. You will still be able to make changes on meet day, but it will save the computer operators a lot of work and time on Friday if we get some of the changes early.

Vehicles are not permitted on the road beside the field event area. Coaches may park in the stadium and overflow coaching parking area. Visitor parking is available in the parking lot located outside of the stadium; Handicap parking is located through Gate #2. We will have golf carts available to transport handicap or elderly individuals to the field events. Parking for Buses will be available in the visitor parking lot.

Gates will open at 3:30pm:

Spectators enter through Gate #1 and will sit on the Home Side of the stadium (press box side).

**No tents or large umbrella's will be permitted on the press box side.**

Teams enter through Gate #2 and will sit on the Visitors Side of the stadium.

### **TICKETS**

Tickets for all events are to be purchased at our online box office. The link for this site is:

[www.bit.ly/parkersburgsouthhs-tickets](http://www.bit.ly/parkersburgsouthhs-tickets) Tickets for the Class A Regional Track Meet are \$6.00 adults/ \$5.00 for students, plus fees. Cash will not be accepted at the gate; only digital tickets will be accepted.

- Find the event from the list and click on “Get Tickets”
- Select the number of tickets
- Enter requested information (an eligible, separate name needs to be entered for each ticket purchased)
- Click “submit order”
- Your tickets will be available for download as well as sent to your email. When you arrive at the event, present your ticket (paper or digital) for scanning. Each ticket admits 1 person, so be sure your download shows each person in your party.
- There will be no refunds for cancellations or unused tickets.

The Regional Track meet will be held at the Erickson All-Sports Facility. The address is 4601 Camden Ave, Parkersburg, WV 26101

Only WVSSAC passes may be utilized and those individuals must sign in at a ticket booth, and may be asked for identification.

There will be a concession stand available on the Visitors Side of the Stadium throughout the meet, which will open at 3:30pm

**Tennis Balls will be provided for markings in the relay races. Tape cannot be used for markings in the relays. Batons will not be furnished; teams will need to provide their own.**

### **SPECTATORS**

Spectators should perform COVID-19 symptom checks prior to attending any event. Anyone experiencing COVID-19 symptoms should not attend the Regional Track Meet event. Masks must be worn properly when walking to/from seats, to the restroom or concession stand, or anytime unable to adhere to 6ft. social distancing from other pods. Spectators are to sit only with their household family members in pods, 6ft. socially distanced from other pods. Upon the completion of the event, all spectators will need to exit the facility.

### **COACHES/PLAYERS**

Coaches and players should perform COVID-19 symptom checks at home before departing. Anyone experiencing COVID-19 symptoms should not coach/attend the Regional Track Meet event. Coaches and players must follow WVSSAC facemask guidelines. Teams should arrive at the venue in competition attire.

Questions, please call me at 304.580.6781. If I am not available, please leave me a message along with your phone number and I will get back to you ASAP.

# Scratch Sheet

Boys \_\_\_\_\_ Girls \_\_\_\_\_

**School:** \_\_\_\_\_

In the box indicated below, write the athlete you want scratched in the box and under the event write SCR. If you wish to add an athlete to an event, write the name and under the event, write a mark or time for seeding purposes. NOTE: If an athlete is being scratched from an even AND added to another, do NOT use two line. A sample is on this form below.

<b>Name (Last, First)</b>	100	200	400	800	1600	3200	100HH	300LH	LJ	PV	HJ	Shot	Discus
Swiger, Tara		SCR	1:01										

Relays: 4x100: \_\_\_\_\_ 4x200: \_\_\_\_\_ 4x400: \_\_\_\_\_ 4x800: \_\_\_\_\_ Shuttles: \_\_\_\_\_

**WVSSAC**  
**POLE VAULTER'S WEIGHT VERIFICATION FORM**

**TO ALL MEMBER SCHOOLS** - Member schools will be required to process the POLE VAULTER'S WEIGHT VERIFICATION FORM listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's office prior to a pole vaulter's first interscholastic competition. A copy must be given to the event judge at each meet in which they will vault.

**School** \_\_\_\_\_

	Name of Vaulter	Weight*	Pole Rating
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____

\* INCLUDES FULL COMPETITION UNIFORM AND FOOTWEAR

Date \_\_\_\_\_ Signature of Principal \_\_\_\_\_

Date \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Date \_\_\_\_\_ Signature of Coach \_\_\_\_\_

**NOTE TO SCHOOL OFFICIALS**

Please review the following National Federation rules regarding the pole vault event:

7-5-2; 7-5-3; 7-5-4; and 7-5-5. Page 57



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**SCAN QR CODE**



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TICKETS NOW**



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