

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: SOUTH INVITATIONAL

DATE: Friday, April 30, 2021

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

Field Events -	4:00 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 Single Session meet as listed on the WVSSAC Interscholastic website (2021). This will be a rolling schedule. There will be 4 throws in the shot and discus and 4 jumps in the long jump with an open pit.

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.** Entries will be through Baumspage.com. The entry window will be open Monday, April 26 @ 8:00 AM through Wednesday, April 28 @ 9:00 PM. Emergency scratches can be made the day of the meet, but please keep them to a minimum.

AWARDS: Plaques for winning 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: TBA

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Single Session Meet

4x800 Relay
100/110 High Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
400 Meter Dash
Short Break
300 Meter Low/Intermediate Hurdles
4x100 Meter Relay
800 Meter Run
200 Meter Dash
3200 Meter Run
Shuttle Hurdle Relay
4x400 Meter Relay

Field Event 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