

TO: Head Boys' and Girls' Track Coaches

FROM: NCHS Track & Field Coaches

SUBJECT: Frank Young Invitational

DATE: Tuesday April 5, 2022

PLACE: **Nicholas County Veterans Memorial Park Stadium**

TIME: Field Events 4:30pm Running Events 5:00pm

SCHEDULE: 1 Session Meet with a Break

ENTRY FEE: \$50.00 Per Team if only entering boys or girls or \$100.00 Per School (Make checks payable to **Nicholas County High School** and mail to 30 Grizzly Lane Summersville, WV 26651 Attn: Debra Mullens or bring them with you to the event)

ENTRIES: Each team may enter 3 individuals per event and 1 relay team. The meet event file can be obtained from Run WV (after 03/25/2022). Please email entries to wvirvin@gmail.com. Entry deadline will be Friday April 1st by noon.

SCRATCHES: Must be done at the meet before **4:30pm or you can email them to wvirvin@gmail.com prior to the meet date. There will be a brief coaches meeting to review scratches at 4:15pm.**

AWARDS: Team trophies for 1st and 2nd place teams. High point awards for both boys and girls.

HOSPITALITY: Coaches will be asked to assist with field events. There will be a meal provided in the hospitality room at the stadium during the 30 minute break.

2022 Frank Young Invitational

ONE SESSION WITH A BREAK

10:00am Field Events:

1st Rotation

Girls Shot Put
Boys Discus
Girls High Jump
Boys Pole Vault
Boys Long Jump 4:30pm-5:30pm Open Pit
Girls Long Jump 5:30pm-6:30pm Open pit

2nd Rotation

Boys Shot Put
Girls Discus
Boys High Jump
Girls Pole Vault

11:00am Running Events:

(Rolling Schedule)

4 x 800M Relay (G)
4 x 800M Relay (B)
100M HH (G)
110M HH (B)
100M Dash (G)
100M Dash (B)
4 x 200M Relay (G)
4 x 200M Relay (B)
1600M Run (G)
1600M Run (B)

BREAK

400M Dash (G)
400M Dash (B)
300M LH (G)
300M IH (B)
4 x 100M Relay (G)
4 x 100M Relay (B)
800M Run (G)
800M Run (B)
200M Dash (G)
200M Dash (B)
3200M (G)
3200M (B)
Shuttle Hurdle Relay (G)
Shuttle Hurdle Relay (B)
4 x 400M Relay (G)
4 x 400M Relay (B)