



Dear Coach,

This is your invitation to bring your boys and girls track team to Laidley Field, University of Charleston Stadium on Tuesday, April 30, 2024 for the 1st Middle School Capitol City Classic. All scratches & substitutions must be done by 4:00 pm. The meet will begin at 4:45pm. Again, this year, the meet “entries” will be set up using the Hy-tek Team Lite Database computer system.

Coaches may enter up to (3) Middle School athletes per event. There will be **substitutions for scratches.**

Dinner will be provided for all coaches. **(NO ATHLETES PLEASE!)**

AWARDS:

Place Ribbons: First – Eighth
First and Second Place Teams Trophy
High Point Boys and Girls

ENTRY DEADLINE: **Tuesday APRIL 23, 2024**

The Hy-tek event file will be posted on runwv.com later.

**ENTRY FEES: \$60.00 PER TEAM
 \$110.00 BOYS AND GIRLS TEAM
 \$15.00 PER INDIVIDUAL**

Please make checks payable to Capital High School Boys Track and send to:

**CAPITAL HIGH SCHOOL
1500 GREENBRIER STREET
ATTN: Willie Ruffin, Jr.**

Email your Hy-tek entry file to:

Willie Ruffin – WRUFFIN@mail.kana.k12.wv.us
Marshall Cavender – mecavender62@outlook.com

All Laidley Field and WVSSAC rules will be in effect, including the size of the spikes ($\frac{1}{4}$ inch).

Seating – All teams must be in the North Stands. The South Stands (press box side) will be for spectators only.

Time Schedule – The meet will progress as events are finished. Each athlete should follow the progression and be ready for his/her event. The order of events will follow the “One Session” format listed in the WVSSAC Interscholastic.

Scratch Sheets – You may email your scratches/substitutions to Marshall Cavender by 12:00 p.m. on meet day or bring them to Laidley by 4:00 p.m.

Track Equipment – Throwing implements will not be provided. You may use your own Starting Blocks.

Running Info – The 4x400 relays will be on a one turn stagger. The 800, 1600, 3200, and 4x800 relay will be on a one turn stagger.

Pole Vault – Coaches are required to process the form. Submit a copy to the Athletic Director and give a copy to the event judge. No Exceptions.

Restricted Areas – No coaches or support personnel are permitted inside these areas without the permission of a Referee.

If you have any question, please feel free to contact me at (304) 348-6500 ext.139 or 348-1932. At home (304) 415-0924 (cell) in the evening.

Have a Great Season,

Willie Ruffin, Jr.

**1st CAPITOL CITY CLASSIC 2024
APRIL 30, 2024**

Running begins at 4:45 p.m.

- #1 Girls 3200 Meter Run**
- #2 Boys 3200 Meter Run**
- #3 Girls 400 Meter Dash**
- #4 Boys 400 Meter Dash**

Break

- #5 Girls 4x800 Meter Relay**
- #6 Boys 4x800 Meter Relay**
- #7 Girls 100 Meter Hurdles**
- #8 Boys 100 Meter Hurdles**
- #9 Girls 100 Meter Dash**
- #10 Boys 100 Meter Dash**
- #11 Girls 4x200 Meter Relay**
- #12 Boys 4x200 Meter Relay**
- #13 Girls 1600 Meter Run**
- #14 Boys 1600 Meter Run**
- #15 Girls 200 Meter Hurdles**
- #16 Boys 200 Meter Hurdles**
- #17 Girls 4x100 Meter Relay**
- #18 Boys 4x100 Meter Relay**
- #19 Girls 800 Meter Run**
- #20 Boys 800 Meter Run**
- #21 Girls 200 Meter Dash**
- #22 Boys 200 Meter Dash**
- #23 Girls 4x60 Meter Shuttle Hurdle**
- #24 Boys 4x60 Meter Shuttle Hurdle**
- #25 Girls 4x400 Meter Relay**
- #26 Boys 4x400 Meter Relay**

AWARDS

THIS IS A ROLLING TIME SCHEDULE

**4:45 GIRLS SHOT- BOYS DISCUS- GIRLS HIGH JUMP- BOYS LONG JUMP-
BOYS POLE VAULT**