

HHS Middle School Invitational

Huntington High School would like to invite your team to participate in our Middle School Season Opener. The meet will be held on March 16th at Huntington High School, right off the Hal Greer exit of Interstate 64 in Huntington, WV. The facility is a 9-lane rubberized track, with rubberized areas for high jump and long jump and regulation concrete areas for shot-put and discus. All National Federation and WVSSAC rules will be in effect. The number of teams will be limited, so please respond in a timely manner to secure a spot for your team.

When: Thursday, March 16th, 2023

Field events and running events begin at 4:30

Where: Huntington High School Track

Cost: Entry fee of \$70/team or \$125/school (boys and girls team)

Make Checks payable to Huntington High School

Awards: 1st and 2nd place team, 1st place individual **medals**, 3rd -8th place ribbons.

Entries: We ask that you keep entries to 3 per event. If you need additional spots there is a hard max of 5 per event. You may have A, B, and C relays. This should allow you to get everyone in.

Order of Events: Middle School one session as found in the WV Interscholastic

Mail Checks to:

Huntington High School

Attn: Justin Cox-Track Coach

1 Highlander Way

Huntington, WV 25701

Entries will be finalized at noon on Wednesday, March 15th. The meet will be seeded on Wednesday, after which you may scratch and substitute but not add. We will send out lane assignments that evening so you can prepare your athletes for their section and lane assignments.

Entries must be completed on www.athletic.net

Any questions feel free to call:

Justin Cox, 304-412-0507 or email jtcox@k12.wv.us

Meet Notes:

Minimum Marks:

	<u>Girls</u>	<u>Boys</u>
Shotput	18-00ft	20-00ft
Discus	35-00ft	45-00ft
Long Jump	10-00ft	15-00ft
High Jump	3-10ft	4-4ft

Entry Marks:

Please make an effort to include times/distances for each athlete so that the meet can be seeded and run efficiently.

Relay Teams:

If you have multiple relays teams please make sure your athletes know which relay (A, B, C) they are on.

Check-In:

Check-in will be at the start line of the 100m dash for all events, unless otherwise announced. Athletes in events 400m and below will get a hip number and a section number.

Hospitality Room:

There will be a hospitality room for coaches, officials, and volunteers at the break