



HURRICANE HIGH SCHOOL

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Regional Track Letter 2023

To: Track Coaches

Cabell Midland	Parkersburg
Huntington	Parkersburg South
Hurricane	Ripley
Lincoln County	Spring Valley

From: Jeff Null, Meet Director

Re: AAA Regional Track Meet 2023

The AAA Region IV Track Meet will be held at Redskin Stadium on Wednesday, May 10th. The meet will begin with a **coaches meeting at 3:30pm at the start/finish line**. 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 4:00pm

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 5:00pm

The order of events for a two-session meet will be as listed in the February issue of the Interscholastic. All events will be girls followed by boys.

First Session: 100/110 Hurdle Trials
100m Dash Trials
3200m Run Girls
200m Dash Trials
3200m Run Boys
400m Dash Finals

BREAK

Second Session: 4 x 800 Relay
100/110 Hurdle Finals
100m Dash Finals
4 x 200m Relays
1600m Run
300m Hurdles
4 x 100m Relay
800m Run
200m Dash Finals
Shuttle Hurdle Relay
4 x 400m Relay



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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/ 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 Please use information the WVSSAC identifies for your team. **For Example: school name - Hurricane HS - team abbr: 0059 - short team name - Hurricane.** Also, you can email entries to Marshall Cavender at mecavender62@outlook.com Please use the names of your athletes as they appear on your roster. If you have questions, please contact Marshall Cavender at 304-382-4662 / email: mecavender62@outlook.com

All entries are due no later than 2:00 PM on Monday, May 8th.

Remember if you add an athlete to your eligibility with the WVSSAC that the roster also needs to be updated. Please make sure 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 him on meet day.

TRAFFIC/PARKING

Hurricane High dismisses at 3:35, therefore traffic will be **extremely congested** until 4:00. School buses will park behind the school near the Track, but getting through the parking lot to access the back parking area will be a challenge. Team buses please arrive prior to 3:00 if possible. Each school will be permitted to park **two personal vehicles** in the rear parking area. Please share this with your coaching staff. **Ticket gates and spectator entrance will begin at 4:00.** We only have limited parking in rear of school and we want to ensure that we always have enough spaces for all handicapped needs. In addition to our typical congestion, we anticipate having a Sectional Baseball game on campus on this date.

ADMISSION - Adults \$7 - Students \$5 established by the WVSSAC.

Although there is no entry fee for a Regional Meet, the only awards provided by the WVSSAC are the two championship plaques. However, we plan to have: Runner Up plaques for Boys and Girls, medals for 1st place finishers, ribbons for 2nd-6th place, and high point boys and girls. To cover these costs, **We are asking for \$60 per school** (\$30 for boys & \$30 for girls).

A *Time Schedule* will be handed out and posted at the meet.

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