

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 & Megan Jones, Head Track Coaches
RE: SOUTH INVITATIONAL

DATE: Friday, March 31, 2023

TIME: Coaches meeting at 3:30 PM near the finish line. Scratches due at 3:45 PM.

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 One Session Meet as listed on the WVSSAC Interscholastic Website (2023). This will be a rolling schedule. There will be 4 throws in the shot and discus and 4 jumps in the long jump.

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 5 entries per individual event and A & B relays.**

Entries will be through Baumspage.com. There will also be a Hy-Tek event file located on runwv.com for those that prefer that entry method. Please email Hy-Tek entries to Jason Jones at jasonwv13@gmail.com. The entry window will be open Monday, March 13th @ 12:00 PM through Thursday, March 30th @ 12:00 PM. Emergency scratches can be made the day of the meet, but please keep them to a minimum.

AWARDS: Plaques for 1st place teams
Plaques for 2nd place teams
High Point for Girls and Boys
Ribbons for 1st – 6th place

MEDICAL: A training area will be provided. Athletes must provide their own tape.

HOSPITALITY: TBA

TEAMS ATTENDING: Parkersburg South, Williamstown, Parkersburg, Wirt County, Parkersburg Catholic

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Welcome to the Parkersburg South High School South Invitational

Dear Track Coaches:

March 31, 2023

- All buses will be parked outside the track stadium in the parking lot next to the Erickson facility.
- Enclosed in your packet will be the schedule of events, records, sportsmanship statement, performance sheets, list of competitor numbers, and relay cards.
- **All tents must be on the visitor's side, opposite of the press box.**
- Emergency scratches need to be submitted by 3:45 PM.
- Scratch/adds for field events will be done at field events.
- Coaches will meet with the Referee near the finish line at 3:30 PM.
- The bull pen will be located near the finish line.
- Scoring will be 10, 8, 6, 4, 2, 1
- Throwing areas are located outside of the track up on the hill to the right of the facility.
- A training area will be provided near the finish line.
- Individual high point nominations are due to the press box by the end of the Shuttle Hurdle Relay.
- Results can be picked up in the press box at the conclusion of the meet.
- A concession stand will be open to serve your athletes and spectators.
- Starting heights for field events will be announced at coaches meeting.

Questions, please contact:

Jason Jones – (304) 290-2142, jasonwv13@gmail.com

Megan Jones – (304) 290-2785, megan.c.jones@k12.wv.us

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ORDER OF EVENTS: One Session Meet

4x800 Relay

100/110 High Hurdles

100 Meter Dash

4x200 Meter Relay

1600 Meter Run

400 Meter Dash

Break – 30 Minutes

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