

# 2023 Frank Young Invitational

TO: Head Boys' and Girls' Track Coaches

FROM: NCHS Track & Field Coaches

SUBJECT: Frank Young Invitational

DATE: Tuesday April 18, 2023

PLACE: Nicholas County Veterans Memorial Park Stadium

TIME: Field Events 4:15pm 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 [cswinebrenner@yahoo.com](mailto:cswinebrenner@yahoo.com) and [mbraunyl@gmail.com](mailto:mbraunyl@gmail.com). Entry deadline will be **Friday April 14th by noon.**

SCRATCHES: Must be done at the meet before 4:15pm or you can email them to [cswinebrenner@yahoo.com](mailto:cswinebrenner@yahoo.com) and [mbraunyl@gmail.com](mailto:mbraunyl@gmail.com) prior to the meet date. There will be a brief coach meeting to review scratches at 4:00pm.

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.

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ONE SESSION WITH A BREAK

4:15pm Field Events:

1st Rotation	2nd Rotation
Girls Shot Put	Boys Shot Put
Boys Discus	Girls Discus
Girls High Jump	Boys High Jump
Boys Long Jump	Girls Long Jump

5:00pm Running Events: (Rolling Schedule)

\*Distance events (1600 & 3200) combined @ the discretion of timing & starting officials.

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)