

Carlos Akers & Doc Hale Memorial

When: April 6th (Saturday)

Where: "Chris Parsons Track" at Cabell Midland High School

Time: 10:10am Coaches Meeting

10:30am

Field Events

Girls (High Jump, & Shot) Boys follow

Boys (Pole Vault, Long Jump & Discus) Girls follow

11:45am

Running events (Timed Finals)

1.	3200	G/B	8.	1600	G/B
2.	400	G/B	9.	300IH	G/B
20-30 minute break					
3.	4x800	G/B	10.	4x100	G/B
4.	100	G/B	11.	800	G/B
5.	100HH	G	12.	200	G/B
6.	110HH	B	13.	Shuttles	G/B
7.	4x200	G/B	14.	4x400	G/B

Meet will be on a rolling schedule

Scratches: Scratches/Substitutions are due no later than 10:00am on meet day. You can email early scratches/adds by NOON on Friday (April 5th) or earlier to mecavender62@outlook.com

Cost: \$75 per team or \$125 for both girls & boys teams
Make checks payable to "Cabell Midland Athletic Boosters"

Mail checks to: ***Chris Parsons
Cabell Midland High School
11315 Route 60east
Ona, WV 25545***

Entry: All schools must enter on **Athletic.net**.

Enter a time or mark for each athlete per their event. DO NOT leave the space blank, so athletes will be placed in the proper heats.

Entry deadline is April 4th (Thursday) by 7:00pm. Any questions on Athletic.net contact Marshall Cavender at mecavender62@outlook.com

Awards: Individual 1-8
Teams 1st – 2nd – 3rd

Concession Stand is open

All WVSSAC Rules will be in effect

To reserve your spot, contact Coach Chris Parsons at coachparsons@yahoo.com