

Meet Information

Concord University MT Lion Invite

Thursday April 11th, 2024

Entries: \$40.00 Per team, (men and women separate). \$80.00 Per school

Teams with less than 8 athletes will be \$5.00 per athlete.

Entry Deadline: Entry must be submitted by April 9th, 2024 (Tuesday) at 11:00 pm.

PLEASE MAKE CHECKS PAYABLE TO: *Concord University Foundation Memo: Track*

Mail Checks To:

Attn: Coach B

P.O. Box 1000

Campus Box 154

Athens WV 24712

Or Hand Deliver to Mike or Andrew
the day of.

All Entries Will be Done through **Athletic.net:**

-Questions about Entries to Shegele@k12.wv.us

Subject: "Concord University MT Lion MS Invite"

NO Limitations to Entries per Event

Track: Six lane, rubberized all-weather track

(Shot Put will Be located at the Backside of the Track, and Discus will be Located at Witherspoon Park Across Campus- Transportation will be provided to athletes)

Rules: WVSSAC will govern the meet

Sanction: Meet will be sanctioned for WV and VA

Awards: Awards for top 3 individuals in each event.
Scoring individual events and relays (top 8)

Trophies for top 2 Men's and Women's teams.

Food: A concession stand will be open for all athletes, coaches, and guests. Coaches will get one pass for the concession stand. (1 Soda, 1 Water, 1 Hot Food Item)

Scratch Meeting: We will have a scratch meeting at 3:45am. The meet will start at 4:00pm. All events will be finals (No Prelims). Places will be awarded by distance, jumps, or heights in each event.

Results: QR Code will be available to Coaches with results.

Results will be Printed after each event

Operations: Coaches will be expected to volunteer where needed! (Coaches will be fed!)

Spectators: Parking will be free, and entry to the meet will be **Donation Only.**

Final Time Schedule:

-----Single Session Meet-----

3:45pm Coaches Meeting at the Starting Line

Running Events: MS Girls → MS Boys (Rolling Schedule)

4:00pm- 3200m Run

400m Run

5:00pm – 4x800m Relay

100m Dash

4x200m Relay

1600m Run

200m Hurdles

4x100m Relay

800m Run

200m Dash

Shuttle Hurdle Relay

4x400m Relay

-----Field Event Schedule-----

Field Events:

4:00pm- Boys Long Jump, Girls High Jump

4:00pm- Girls Discus, Boy Shotput

5:30pm- Boys High Jump, Girls Long Jump

5:30pm- Boys Shot Put, Girls Discus

(Race Director) Coach A. Barbera @ 681-238-3637 or wbarbera@concord.edu or
(Ass't Race Director) Coach M. Cox @ 304-952-9244 or cox@concord.edu or
(Asso't Race Director) Coach M. Wilson @ 703-731-3887 mfwilson@concord.edu