

## Hurricane MS Invitational Meet Sheet

Date: Saturday, April 20, 2024

Coaches Meeting – 9:00 AM | Field Events – 9:15 AM | Running Events – 10:15 AM

Location: Hurricane High School, 3350 Teays Valley Road, Hurricane, WV

Teams Entered: Hurricane, Guyan Valley, Huntington East, Ignite, Oak Hill, Milton, Elkview, Barboursville, George Washington, Teays Valley Christian, Winfield, Huntington, Poca, Harts

We will follow the one-session schedule for middle school meets with girls running first, followed by the boys. We will run shuttle hurdles in between the 3200m and the 400m before the break:

- 3200m Run
- 4x60m Shuttle Hurdle Relay
- 400m Dash

---- Break ----

- 4x800m Relay
- 100m High Hurdles
- 100m Dash
- 4x200m Relay
- 1600m Run
- 200m Low Hurdles
- 4x100m Relay
- 800m Run
- 200m Dash
- 4x400m Relay

Field Events – Long Jump (B then G), Discus (B then G), Pole Vault (B then G), High Jump (G then B), Shot Put (G then B)

All events will be finals by time. Long Jump, Discus, and Shot Put athletes will be allowed 3 attempts.

Entry Fee: \$60/team or \$120 per school. Make checks payable to Hurricane Middle School and please mail to Hurricane Middle School ATTN: HMS Track & Field, 518 Midland Trail, Hurricane, WV 25526.

All entries will be done on athletic.net.

Please limit entries to 3/ individual event and 2/relay. We have a large number of schools coming and are trying to keep the meet at a reasonable length.

As a heads up, I am trying to set up a fast boys and girls 1600m as a featured event for a “Mountaineer Mile” with a special award for the winner.

Parking is available at the Henderson House adjected to Hurricane High School. Handicap and bus parking is available behind the school.

Questions can be directed to Robin Fee ([rfee@k12.wv.us](mailto:rfee@k12.wv.us)) or Athletic Director Dustin Walls ([dwalls@k12.wv.us](mailto:dwalls@k12.wv.us))