

Wednesday, November 15, 2023

Track Coaches

RE: Kanawha Valley Track & Field Officials Association High School/Middle School Warm-Up Meet

It is our privilege to extend to you an invitation to participate in the KVT & FOA High School/Middle School Warm-Up Meet. We will be hosting a limited number of teams due to the fact we are allowing multiple entries per event. We will take teams on a first contact basis. The meet will be held Saturday, March 16, 2024, at Laidley Field in Charleston, West Virginia. Events will be separated by high school and middle school. This meet will allow coaches to enter as many athletes as possible per event if they stay within the WVSSAC guideline of no more than four individual events per high school athlete and no more than four events per middle school athlete of which three may be running events. (Please refer to the WVSSAC Interscholastic) No scoring will be done. Events will be seeded randomly. The meet allows coaches to get FAT times and distances for their athletes. **This is not a scrimmage. Scrimmages are not allowed for track & field in WV. Your athletes must have their mandatory numbers of practices, per WVSSAC rules.**

Awards: No awards will be given. No scoring will take place.

Entries: Entries are to be submitted via Hy-Tek Team Lite. The event files will be emailed to you once your wish to attend has been confirmed. You may enter as many contestants as possible in each event. On meet day, you may make scratches only. The deadline for entries is Thursday, March 14, 2024. Entry files must be emailed to mecavender62@outlook.com by 8:00 p.m.

Time Schedule: Order of Events will follow the “**High School One Session**” format as listed in the WVSSAC interscholastic. Middle School coaches, please be aware of this schedule. This will be a rolling time schedule. The track meet will begin at 10:00 a.m. Coaches meeting at 9:45 a.m.

Regulations sent to us by Laidley Field:

1. ¼” spikes required, ABSOLUTELY NO SPIKES ON THE FOOTBALL FIELD OR IN THE BLEACHERS. Individuals will be disqualified if violating this rule.
2. NO FOOD OR DRINKS ALLOWED ON THE TRACK OR TURF. **WATER ONLY**. This has become a problem for Laidley Field.
3. Only Track Participants will be allowed on the track.
4. Tennis ball halves may be used to mark exchange zones for relays. (No tape)
5. No smoking or tobacco use.

Scratches: Scratches can be email to mecavender62@outlook.com by 9:00 p.m. on Friday, March 15, 2024. All other scratches are due by 8:00 a.m. at Laidley Field, Saturday, March 16th.

Entry Fee: **\$50.00 per male or female team and \$90 for both male/female teams.** The entry fee is to offset the cost of Laidley Field rental.

Make checks payable to Kanawha Valley Track & Field Officials Association. (KVT & FOA)

Please bring your entry fee check to the meet. Plan ahead with your school financial person. Having to get checks post meet is an issue.

Laidley Field can longer accept checks made out to them for other host teams.

If your county or school financial people need the KVT & FOA to complete a vendor's license application or require a W-9, please ask for it now.

On behalf of the KVT & FOA,

Marshall Cavender
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