

“Mama” & “Papa” Parsons Middle School Memorial At Cabell Midland High School

When: April 11th (Thursday)

Where: “Chris Parsons Track” at Cabell Midland High School

Time: 4:45pm Coaches & Team Captain meeting in Hospitality room
5:00pm **Field Events**

Girls (High Jump, & Shot) Boys follow

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

5:30pm

Running events (Timed Finals)

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

Meet will be on a rolling schedule

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

3 per event and a relay (additional athletes, contact Coach Parsons

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 9th (Tuesday) by 7pm. Any questions on Athletic.net contact Marshall Cavender mecavender62@outlook.com

Scratches: Scratches/Substitutions are due no later than 4:00pm on meet day.

Cost: \$70 per team or \$100 for both girls & boys teams
Make checks payable to “Cabell Midland Boosters”

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

Awards: Individual 1-8
Teams 1st & 2nd

Concession stand will be open

All WVSSAC Rules will be in effect

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