

# PARKERSBURG SOUTH HIGH SCHOOL

*"A West Virginia School of Excellence"*

1511 Blizzard Drive  
Parkersburg, WV 26101

Phone: 420-9610  
Fax: 420-9607

TO: Head Boys' and Girls' Track Coaches  
FROM: Jason Jones & Megan Jones, Head Track Coaches  
RE: SOUTH INVITATIONAL

DATE: Thursday, March 28, 2024

TIME: Coaches meeting at 3:30 PM near the finish line. Scratches due at 3:45 PM.

<b>Field Events</b> –	4:00 PM
<b>Running</b> –	5:00 PM
<b>Break</b> – after the 400m	6:00 PM (Approx.)
<b>Resume</b> –	6:30-7:00 PM (Approx.)

SCHEDULE: We will follow the order of events for a One Session Meet as listed on the WVSSAC Interscholastic Website (2024). This will be a rolling schedule. There will be 4 throws in the shot and discus and 4 jumps in the long jump.

ENTRY FEE: **\$60.00 per Team or \$100.00 per School**  
(Payable to PSHS Athletic Department – Due before the start of the meet)

ENTRIES: **Each team will be allowed 3 entries per individual event and A relays only.**

Entries will be made through athletic.net. The entry window will be open Monday, March 18th @ 12:00 PM through Wednesday, March 27th @ 12:00 PM. Emergency scratches can be made the day of the meet, but please keep them to a minimum.

AWARDS: Plaques for 1<sup>st</sup> place teams  
Plaques for 2<sup>nd</sup> place teams  
High Point for Girls and Boys  
Ribbons for 1<sup>st</sup> – 8<sup>th</sup> place

MEDICAL: A training area will be provided. Athletes must provide their own tape.

HOSPITALITY: Located in the football locker room (middle double doors) under the visitor's side bleachers.

CONCESSIONS: Located under the home (press box) side bleachers.

T-SHIRTS: Inspire111 will be on-site selling meet t-shirts.

TEAMS ATTENDING: Parkersburg South, Williamstown, Parkersburg, Wirt County, John Marshall, Ritchie County, Wahama, Ripley, University, Hurricane, Bridgeport, Buffalo, Winfield, Huntington, Marietta, Trinity Christian

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## Welcome to the Parkersburg South High School South Invitational

Dear Track Coaches:

March 28, 2024

- All buses will be parked outside the track stadium in the parking lot next to the Erickson facility.
- Enclosed in your packet will be the schedule of events, records, sportsmanship statement, performance sheets, list of competitor numbers, and relay cards.
- **All tents must be on the visitor's side, opposite of the press box.**
- Emergency scratches need to be submitted by 3:45 PM.
- Scratch/adds for field events will be done at field events.
- Coaches will meet with the Referee near the finish line at 3:30 PM.
- The bull pen will be located near the finish line.
- Scoring will be 10, 8, 6, 5, 4, 3, 2, 1
- Throwing areas are located outside of the track up on the hill to the right of the facility.
- A training area will be provided near the finish line.
- Individual high point nominations are due to the press box by the end of the Shuttle Hurdle Relay.
- Results/Awards can be picked up in the press box at the conclusion of the meet.
- A concession stand will be open to serve your athletes and spectators. Located under the home side (press box) bleachers.
- Starting heights for field events will be announced at the coaches meeting.
- Warm-up for field events will start at 3:30, we will start promptly at 4:00.
- No one is permitted to park on the road by the shot put and discus area, or in that back entrance near the visitor's locker room.
- Stadium address: 4601 Camden Ave., Parkersburg, WV 26101

Questions, please contact:

Jason Jones – (304) 290-2142, [jasonwv13@gmail.com](mailto:jasonwv13@gmail.com)

Megan Jones – (304) 290-2785, [megan.c.jones@k12.wv.us](mailto:megan.c.jones@k12.wv.us)

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## ORDER OF EVENTS: One Session Meet

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4x800 Relay

100/110 High Hurdles

100 Meter Dash

4x200 Meter Relay

1600 Meter Run

400 Meter Dash

**Break – 30-60 Minutes**

300 Meter Low/Intermediate Hurdles

4x100 Meter Relay

800 Meter Run

200 Meter Dash

3200 Meter Run

Shuttle Hurdle Relay

4x400 Meter Relay

## **Field Event Order**

Girls Shot Put – Boys to follow

Boys Discus – Girls to follow

Girls High Jump – Boys to follow

Boys Long Jump – Girls to follow

Boys Pole Vault – Girls to follow