

HS MS Warm-Up Meet

Where: Laidley Field

When: March 22, 2025 (Saturday)

Time: Field Events 10, Running Events 10:30, and there will be a short coach meeting at 9:45am.

Cost: \$60/Team, \$100/School (Both boys & girls teams)

****Make Checks Payable to****
South Charleston High School

****Mail Checks to****
South Charleston High School
ATTN: Michael Ludle
1 Eagle Drive
South Charleston, WV 25309

Single Session Meet using the WVSSAC one session schedule.

Entries: Unlimited Entries

Entries are due: Entries will be done using athleticnet. Scratches are to be COMPLETED by 9am

Awards: No Awards

Extra information:

During Break: Hospitality room for Coaches in the Green Room
Laidley Field Track Rules and Etiquette

1. Tape and or chalk will not be permitted to mark lines for relays. Tennis Balls can be used.
2. Absolutely no chewing gum on track.
3. Water only inside fence area- No soft drinks, Gatorade, or all-sport drinks.
4. ¼" Spikes or less required at all times.
5. Spikes are not to be worn on the football field, in the bleachers, or in the restrooms.
6. Make sure athletes coming from the shot and discus area clean the mud from their shoes before entering the track.
7. No glass containers.
8. Shirt must be worn at all times for all athletes.
9. No phones or headphones inside the competition spaces

If you have any further questions please call or email Michael Ludle at 304-406-2095
(mludle@mail.kana.k12.wv.us)