

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: Friday, April 4, 2025

TIME: Coaches meeting at 4:00 PM near the finish line. Scratches due by 4:15 PM.

<u>Field Events</u>	4:30 PM
<u>Running</u>	5:30 PM
<u>Break</u> – after the 400m	30-45 minutes

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

FACILITY: **Our meet will take place at Parkersburg High School due to construction at Erickson.**
2101 Dudley Ave., Parkersburg, WV 26101

ENTRY FEE: **\$100.00 per Team or \$150.00 per School**
(Payable to PSHS Athletic Department – Due before the start of the meet)

ENTRIES: **Each team will be allowed 6 entries per individual event and an "A, B, and C" relays.**
Entries will be made through athletic.net. The entry window will be open Friday, March 21st @ 12:00 PM through Friday, April 4th @ 12:00 PM.
Emergency scratches can be made the day of the meet, but please keep them to a minimum.

SCORING: 8 Places: 10, 8, 6, 5, 4, 3, 2, 1

AWARDS: Plaques for 1st and 2nd place teams
Plaques for High Point athletes
Ribbons for 1st – 8th places

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

HOSPITALITY: Located in the school cafeteria.

CONCESSIONS: Located at the scoreboard end of the bleachers.

CURRENT TEAM LIST: Parkersburg South, Parkersburg, East Fairmont, Ravenswood, Magnolia, Marietta, Wirt County

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Welcome to the Parkersburg South High School South Track & Field Invitational

Dear Track Coaches:

April 4, 2025

- All buses will be parked outside the track stadium in the parking lot next to the school.
- Enclosed in your packet will be the schedule of events, records, sportsmanship statement, scratch sheets, and relay cards.
- All tents must be setup at least halfway up the bleachers and not directly in front of the press box.
- Emergency scratches need to be submitted by 4:15 PM.
- Scratch/adds for field events will be done at field events.
- Coaches will meet with the Referee near the finish line at 4:00 PM.
- The bull pen will be located near the start of the 100m.
- Scoring will be 10, 8, 6, 5, 4, 3, 2, 1
- Throwing areas are located in front of the field house outside of the track.
- A training area will be provided near the finish line.
- Hospitality room will be in the school cafeteria during the break.
- 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 at the scoreboard end of the bleachers.
- Starting heights for field events will be announced at the coaches meeting.
- Warm-up for field events will start at 4:00, we will start promptly at 4:30.
- Stadium address: 1919 Spring St., Parkersburg, WV 26101

Questions, please contact:

Jason Jones – (304) 290-2142, jasonwv13@gmail.com

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

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ORDER OF EVENTS: One Session Meet

4x800 Relay

100/110 Meter Hurdles

100 Meter Dash

4x200 Meter Relay

1600 Meter Run

400 Meter Dash

Break (30-45 minutes)

300 Meter 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