

# 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: Megan Jones, Head Track Coach  
Jason Jones, Meet Manager  
RE: SOUTH INVITATIONAL

DATE: Thursday, April 2, 2026

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

<b>Field Events</b>	4:30 PM
<b>Running</b>	5:30 PM
<b>Break</b> – 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 (minimum distances may be utilized), and 4 jumps in the long jump (open pit may be utilized).

FACILITY: Erickson All-Sports Facility  
4601 Camden 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 5 entries per individual event and "A and B" relays.** Entries will be made through athletic.net. The entry window will be open Thursday, March 26th @ 12:00 PM through Thursday, April 2nd @ 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 1<sup>st</sup> and 2<sup>nd</sup> place teams  
Plaques for High Point athletes  
Ribbons for 1<sup>st</sup> – 8<sup>th</sup> places

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

HOSPITALITY: Located in the home football locker room.

CONCESSIONS: Located on the visitors' side.

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

Dear Track Coaches:

April 2, 2026

- All buses will be parked outside the stadium in the main parking lot, behind the press box.
- All tents must be setup on the visitor's side (opposite 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 goalpost close to the finish line.
- Scoring will be 10, 8, 6, 5, 4, 3, 2, 1
- Throwing areas located in the parking lot behind the press box.
- A training area will be provided near the finish line.
- Hospitality room will be located in the home football locker room.
- 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 on the visitor's side.
- 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: 4601 Camden Ave., Parkersburg, WV 26101

Questions, please contact:

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

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

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## ORDER OF EVENTS: One Session Meet

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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