

Carlos Akers & Doc Hale Memorial

When: April 1st (Saturday)

Where: "Chris Parsons Track" at Cabell Midland High School

Time: 10:10am Coaches Meeting

10:30am

Field Events

Girls (High Jump, & Shot) Boys follow

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

11:45am

Running events (Timed Finals)

1.	3200	G/B	8.	1600	G/B
2.	400	G/B	9.	300IH	G/B
20-30 minute break					
3.	4x800	G/B	10.	4x100	G/B
4.	100	G/B	11.	800	G/B
5.	100HH	G	12.	200	G/B
6.	110HH	B	13.	Shuttles	G/B
7.	4x200	G/B	14.	4x400	G/B

Meet will be on a rolling schedule

Scratches: Scratches/Substitutions are due no later than 10:00am on meet day. You can email early scratches/adds by NOON on Friday (March 31st) or earlier to mecavender62@outlook.com

Cost: \$75 per team or \$125 for both girls & boys teams
Make checks payable to "Cabell Midland Athletic Boosters"

Mail checks to: ***Chris Parsons***
Cabell Midland High School
2300 Route 60east
Ona, WV 25545

Entry: All schools must enter in Hytek Team Manager. Team Manager Lite can be downloaded from runwv.com in the news & note section at the top. The Carlos Akers Memorial Hytek file can be found on www.runwv.com this week or can be emailed to you. Also, for coaches unsure of how to enter using the Hytek system, a tutorial can be found on runwv that will make it simple.

Please enter grade levels for each athlete. Also, 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 March 30th (Thursday) by 7:00pm. Email your Hytek file to mecavender62@outlook.com

Awards: Individual 1-6
Teams 1st – 2nd – 3rd

Concession Stand is open

All WVSSAC Rules will be in effect

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