



BUFFALO HIGH SCHOOL
19005 Charleston Road
Buffalo, West Virginia 25033
(304) 937-2661 (304) 937-3470 FAX

February 26, 2023

High School Track Coaches:

It is our privilege to invite you to participate in the Bison Invitational. The meet will be held on Friday March 31, 2023, at the University of Charleston Stadium in Charleston, WV. Reserve your spot now with meet director Shawn Wheeler at trackmeetdirector@gmail.com. Dinner will be provided for all coaches. (No athletes please)

Time Schedule: Coaches meeting will be at 4:30PM, the meet will begin with the field events starting at 4:45 PM and the running events starting at 5:00 PM. All times are final and there will be 3 throws in shot and discus and 3 jumps in long jump. Schedule will follow the High School Schedule in the WVSSAC Spring Interscholastic.

Awards: Team Trophies for 1st and 2nd Places.

Medals for 1st place. Ribbons for 2nd – 6th places.

High Point Trophy for both boys and girls.

Entries: Due by Wednesday March 29, 2023, at Noon. You may enter 5 athletes in each event and 2 relays. Only 3 athletes can score per event and 1 relay. You may substitute. Hy-Tek entries are mandatory. Event file can be found on www.runwv.com. Send entries to Meet Director Shawn Wheeler at trackmeetdirector@gmail.com.

Scratch Sheets: Email a scratch sheet by 2:00 PM or sooner the day of the meet.

Entry Fee: \$55/Varsity Team
\$100/for both a Boys and Girls Varsity Team.
Make Check Payable to Buffalo High School

Sincerely,

Shawn Wheeler
Principal/Athletic Director
Buffalo High School
trackmeetdirector@gmail.com

Shawn Wheeler, Principal

Paul Sowards, Assistant Principal



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Meet Schedule

4x800 Relay
100/110 High Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
400 Meter Dash

Break (20-30 min)

300 Meter Low/Intermediate Hurdles
4x100 Meter Relay
800 Meter Run
200 Meter Dash
3200 Meter Run
Shuttle Hurdle Relay
4x400 Meter Relay

1st

Girls Shot Put
Boys Discus
Girls High Jump
Boys Long Jump
Boys Pole Vault

2nd

Girls Discus
Boys Shot Put
Girls Long Jump
Boys High Jump
Girls Pole Vault

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Scratch Sheet

Event	Scratch	Add
4x800m Relay		
100/110 Hurdles		
100m Dash		
4x200m Relay		
1600m Run		
400m Run		
300m Hurdles		
4x100m Relay		
800m Run		
200m Dash		
3200m Run		
Shuttles		
4x400m Relay		

Shawn Wheeler, Principal

Paul Sowards, Assistant Principal