

Saturday, January 21, 2023

Track Coaches

RE: Kanawha Valley Track & Field Officials Association High School Relays

It is our privilege to extend to you an invitation to participate in the KVT & FOA High School Relays. The meet will be held Friday, March 24, 2023, at Laidley Field in Charleston, West Virginia.

Awards: Team trophies for 1st & 2nd
Event Ribbons for 1st – 6th individual places

Entries: Hy-Tek Team Lite will be utilized for meet entries. The event file will be emailed to you once your request to participate has been confirmed. You may enter up to three (3) athletes in the 1600m run, 100m dash, and all field events. You may enter only one (1) relay team in the 4x800, Shuttle Hurdle Relay, 4x100, Mile Medley, Sprint Medley, Distance Medley, 4x200, and 4x400. You may only **scratch and substitute at the track on meet day. No Additions at the track.** The deadline for entries is Tuesday, March 21, 2023, at 8:00 p.m. Send entry files to Marshall Cavender at mecavender62@outlook.com. As I receive your entry files, I will be posting your entries to www.kvtfoa.net for you to verify. Please double check your entries.

Scoring: All Field Events will be scored as Field Relays, but ribbons will be given to the individual place winners. All Relays will be scored with the standard format. ONLY the Open 100m dash and the Open 1600m run will be scored with standard open format. Awards for these two events will be given to the individual place winners.

Running Info: The 4 x 400 will be run on a three-turn stagger. The 4 x 800 will be run on a one-turn stagger.

Mile Medley Relay (200, 200, 400, 800)
Sprint Medley Relay (100, 100, 200, 400)
Distance Medley Relay (800, 400, 1200, 1600)

Time Schedule: Order of Events will follow the attached schedule. This will be a rolling time schedule. The track meet will begin at 4:30 p.m.

Regulations sent to us by Laidley Field:

1. ¼” spikes required, NO SPIKES ON THE FOOTBALL FIELD OR IN THE BLEACHERS. Individuals will be disqualified if violating this rule.
2. Only Track Participants will be allowed on the track.
3. Tennis ball halves may be used to mark exchange zones for relays. (No tape)
4. No smoking or tobacco use.
5. Spectators are not allowed to bring outside food or drink into the stadium.

- Scratches:** Turn in scratches/substitutions **no later** than 3:45 p.m. Friday afternoon. Your best bet is to email your scratches/substitutions to Marshall Cavender by 1:00 p.m. on Friday, March 24th.
- Dinner:** A light meal will be provided to coaches. You must have a meal ticket. (No athletes)
- Entry Fee:** \$60.00 per male or female team and \$110 for both male/female teams.

Make check payable to Kanawha Valley Track & Field Officials Association.

Please bring your entry fee check to the meet.

Laidley Field can longer accept checks made out to them for other host teams.

If your county or school financial people need the KVT & FOA to complete a vendor's license application or require a W-9, please ask for it now.

Sincerely,

Marshall Cavender, KVT & FOA
Meet Director
Email: mecavender62@outlook.com
Phone: 304-382-4662

Meet entries, heat sheets, and results can be found on www.kvtfoa.net.