

Carlos Akers & Doc Hale Memorial

When: April 1st (Saturday)

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

Time: 10:00am Coaches & Team Captain meeting in Hospitality room

10:30am **Field Events**

Girls (High Jump, & Discus) Boys follow

Boys (Pole Vault, Long Jump & Shot Put) 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 timed schedule to be passed out day of meet

Scratches: Scratches/Add's are due no later than 9:45am on meet day. You can email early scratches/add's by NOON on Friday (March 31st) or earlier to **rstclair304@gmail.com**.

Cost: \$70 per team or \$100 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 **www.midlandrunning.com** The Carlos Akers Memorial Hytek file can be found on **www.runwv.com**. Also, for coaches unsure of how to enter using the Hytek system, a tutorial can be found on **www.midlandrunning.com** that will make it simple.

Entry deadline is March 29th (Wednesday). Email your Hytek file to **rstclair304@gmail.com**

Schools may enter 3 athletes per event and 1 relay team per event

Awards: Individual 1-6
Teams 1st – 2nd – 3rd
High Point Trophy to girl & boy

Lunch will be provided to all coaches

ALL WVSSAC RULES WILL BE IN EFFECT

Any questions, contact Coach Chris Parsons at coachparsons@yahoo.com