

Hurricane Sheetz Invitational

When: Saturday, April 8th

Where: Hurricane High School

Time: 10:00 Coaches Meeting / Scratches

10:30 **Field Events**

Boys (Pole Vault, Long Jump, Shot Put) Girls follow
Girls (High Jump, Discus) Boys follow

11:00 **Running Events** – One Session Meet, Timed Finals

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|-------------------|--------------------------|
| 1. 4 x 800m Relay | 8. 300m IH |
| 2. 100m HH | 9. 4 x 100m Relay |
| 3. 110m HH | 10. 800m Run |
| 4. 100m Dash | 11. 200m Dash |
| 5. 4 x 200m Relay | 12. 3200m Run |
| 6. 1600m Run | 13. Shuttle Hurdle Relay |
| 7. 400m Dash | 14. 4 x 400m Relay |

Cost: \$60 per team or \$100 for both boys & girls teams
Make checks payable to ***"Hurricane High School"***
Mail checks to: Hurricane High School
3350 Teays Valley Road
Hurricane, WV 25526

Entries: All teams must enter using Hy-Tek Team Manager. Entries can be e-mailed to Pat Riley with TSR Timing Group at pat@tristateracer.com. Entry deadline is Noon on Friday, April 7th. The event file can be found on RunWV.

Schools may enter 3 athletes per event and 1 relay team per event. This meet will be limited to a total of 12 teams.

A tutorial on how to enter using the Hy-Tek system can be found at
<http://www.midlandrunning.com/hy-tek.html>.

Awards: 1st & 2nd place team trophy (Boys & Girls)
High Point Trophy (Boys & Girls)
Individual 1st-6th

Food: There will be concessions & meals provided to coaches.

If you have any questions, contact Coach Eric Cooper at escooper3@gmail.com.
Best of luck to everyone this season!