

Carlos Akers & Doc Hale Memorial

When: April 10th (Friday)

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

Time: 4:45pm Coaches Meeting in Facility Building weight room

5:00pm

Field Events

Girls (High Jump, & Shot) Boys follow

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

5:15pm

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 will open at 7:00am & close at 3:00pm on Athletic.net the day of the meet.

Cost: \$80 per team or \$150 for both girls & boys teams
Make checks payable to "**Cabell Midland Athletic Boosters**"

Mail checks to: **Chris Parsons**
Cabell Midland High School
11315 Route 60east
Ona, WV 25545

Entry: All schools must enter on **Athletic.net**.

Enter a legit time or mark for each athlete per his or her event. DO NOT leave the space blank, so athletes will be placed in the proper heats.

Entry deadline is April 9th (Thursday) by 9:00pm. Any questions on Athletic.net contact Marshall Cavender at mecavender62@outlook.com

3 entries per event & 2 relays (Any extra, contact Coach Parsons at midlandcoaches@gmail.com)

Scratches: Scratches/Substitutions will open at 7:00am & close at 3:00pm on Athletic.net the day of the meet.

Awards: Individual 1-8
Teams 1st – 2nd – 3rd

Concession Stand is open

ALL WVSSAC RULES WILL BE IN EFFECT

To reserve your spot, contact Coach Chris Parsons at
coachparsons100@gmail.com