

“Mama” & “Papa” Parsons Middle School Memorial At Cabell Midland High School

When: April 16th (Thursday)

Where: “Chris Parsons Track” at Cabell Midland High School

Time: 4:30pm Coaches meeting in Hospitality room
4:45pm **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	7.	1600	G/B
2.	400	G/B	8.	200H	G/B
20-30 minute break					
3.	4x800	G/B	9.	4x100	G/B
4.	100	G/B	10.	800	G/B
5.	100H	G/B	11.	200	G/B
6.	4x200	G/B	12.	Shuttles	G/B
			13.	4x400	G/B

Meet will be on a rolling schedule

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

Enter a 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 15th (Wednesday) 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 @ midlandcoaches@gmail.com)

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

Cost: \$75 per team or \$120 for both girls & boys teams
Make checks payable to “Cabell Midland Boosters”

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

Awards: Individual 1-8
Teams 1st & 2nd

Concession stand will be open

ALL WVSSAC RULES WILL BE IN EFFECT

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