



Cabell

Midland would like to invite all schools to the 2008 Carlos Akers Memorial on Friday, April 4th, High Schools from WV, Ohio, & Kentucky will be competing this year. Cabell Midland has a 9 lane Seal Flex rubberized surface, which was recently re-surfaced. All jumping areas are Seal Flex rubberized surfaces & the throws areas have oversized concrete pads. We have the FinishLynx electronic timing system, so all times and places will be accurate. We want all teams to have a great meet experience at Cabell Midland and we will do everything possible to achieve this goal.

Where: Cabell Midland High School Stadium

When: April 4th (Friday)

Time: 5:00pm
5:15pm Field Events Running Events

Awards: Teams 1-3 for girls & boys 1-6 for girls & boys
Individuals

Cost: \$40.00 per team or \$70.00 for both girls & boys

FAX: (304) 528-5150

Send entries to: Chris Parsons Cabell Midland
High School 2300 Rt. 60east Ona, WV 25545

Entries: 3 athletes per running & field event with 1 relay team per event.

Entry Deadline: April 1st by noon (Tuesday). However, we need a copy of your eligibility sheet or team roster that includes grade levels by March 26th. By having your athletes names already entered, this allows us to make the official entry sheet due at a later date. Don't worry if an athlete might not compete because the computer system will ignore any non-competing athlete. All WVSSAC rules will be in effect

Dinner will be provided to all coaches & meet officials

Contact Coach Parsons for more information (coachparsons@yahoo.com)

Carlos Akers Memorial

4-4-08 (Friday)

At Cabell Midland High School

Meet Schedule

**5:00pm Field events Boys >>> Shot
& High Jump (*girls will follow
after completion of boys*) Girls
>>> Discus, High Jump & Pole
Vault (*boys will follow after
completion of girls*)**

**5:30pm Running events (Meet is on a rolling schedule, so listen for you
event) 3200 G/B 400 G/B**

20-30 min Break

4x800 G/B

100 G/B

100HH G

110HH B

4x200 G/B

1600 G/B

300IH G/B

4X100 G/B

800 G/B

200 G/B

SHUTTLES G/B

4X400 G/B

**2008 Carlos Akers
Memorial Boys
Entry Form
School:_____**

