



PRESTON HOME MEET I

TUESDAY, MARCH 23rd, 2010

Dear Track & Field Coaches,

We look forward to hosting your team on Tuesday, March 23, 2010. The following schools are scheduled to attend this meet: **East Fairmont**, **Fairmont Senior**, **Mountain Ridge**, **Northern Garrett**, **North Marion**, **Philip Barbour**, **Preston Black**, **Southern Garrett (MD)**

The Dr. John W. Trenton Track & Field Complex is a "Seal-Flex" latex surface installed in the fall of 2004. The track is eight lanes with all-weather high jump, long jump, and pole vault runways. The track was repainted in the fall of 2008. The discus and shot rings are concrete. Bleacher seating is limited. It is suggested that spectators bring lawn chairs or blankets to sit on. Teams are asked to set up tents on the exterior of the track. The auxiliary gymnasium will be available for warm-ups and stretching.

Schools will be limited to one relay team per event and three individual athletes in field events and running events 400 meters and shorter. Teams can enter unlimited athletes in the 800, 1600, and 3200 meter runs. Be sure that you designate any athletes that will be running "exhibition".

We will be using Hy-Tek Meet Manager exclusively for our meets this year. There will be two ways to send us your entries: www.athletic.net or **Hy-Tek Team Manager Lite**. Personally, we feel www.athletic.net is the easiest method. However, if you are accustomed to sending your entries via **Team Manager Lite**, that is perfectly fine as well. Complete instructions for both methods are included on our website under "**Meet Entry Information**."

The deadlines for the meet on Tuesday, March 23rd, 2010 are as follows:

1. All entries are to be emailed to prestonrun@gmail.com by 3:00 p.m. the Monday prior to the meet
2. Any additions must be emailed to the address above by 12:00 p.m. on the day of the meet.
3. Scratches can be made on site, but additions will not be accepted.

We will have first call for field events at 4:30 p.m. The field event rotation will be as follows:

FIELD EVENTS

First Rotation: Girls Pole Vault, Boys Long Jump, Girls High Jump, Boys Shot, Girls Discus
Second Rotation: Boys Pole Vault, Girls Long Jump, Boys High Jump, Girls Shot, Boys Discus

We will have first call for running events at 5:00 p.m. The rotation for running events is as follows:

RUNNING EVENTS

4 x 800 m. Relay, 100 / 110 m. Hurdles, 100 m. Dash, 4 x 200 m. Relay, 1600 m. Run, 400 m. Dash, 300 M. Hurdles, 4 x 100 m. Relay, 800 m. Run, 200 m. Dash, 3200 m. Run, Shuttle Hurdle Relay, 4 x 400 m. Relay

Hot and cold concessions will be available by the Preston High Track Parents. Admission is \$4.00 for adults and \$3.00 for students.

We hope you and your team enjoy participating at our facility. We strive to host events that are competitive, exciting, and efficient.

Sincerely,

PRESTON HIGH TRACK & FIELD COACHES