

## 15<sup>th</sup> Annual Charas Heurich Memorial Invitational

- DATE: Saturday, April 14, 2012
- COACHES: Meeting at 9:30 AM (location dependant on weather).
- TIMES: Field Events: 10:00, Running Events: 10:30
- SCORING: Top 6 places in each event (10, 8, 6, 4, 2, 1). Ribbons will be awarded to the top 6 in each event.
- TROPHY: Team trophy to the top two boys' teams and the top two girls' teams.
- ENTRIES: 1 relay team, 3 individuals per event. **Only 2 individuals for the long and triple jumps. Entries will be done online this year. See the link below for help/information.**  
<http://www.athletic.net/Help/Track.aspx?Meet=118123>
- TRACK: Two year old, 7 lane, all weather track. No spikes longer than 1/4" showing.
- TRIALS: Will be held in the 100m, 200m and High Hurdles.
- FINALS: 300m IH and 400m dash will be run entirely in lanes  
4x100m relay & 4x200m relay will be run entirely in lanes  
All races 800m & longer will use a one turn stagger  
4x400m relay – 1<sup>st</sup> runner entirely in lanes, others break for position
- J.V. ATHLETES: The only event in which junior varsity athletes will be able to compete will be the 4x400m relay. These races will be run at the conclusion of the varsity 4x400m relays and coaches will be responsible for getting their teams' times.
- BLOCKS: Will be provided.
- FACILITIES: There will be no dressing facilities available. Rest rooms are located at the track. Leopard Athletic Booster Club will have a concession stand.  
No teams are to set-up in the bleachers. These are for spectators. There is plenty of room in the grassy areas around the track.
- RESULTS: Results will be posted as quickly as possible at the meet. At the end of the meet, the complete results will be printed for every coach. The results will also be posted on the Internet at the conclusion of the meet.
- SANCTIONING: This meet is sanctioned for all Maryland, West Virginia, Virginia and Pennsylvania schools.
- ENTRY-FEE: \$150 per school. \$80 for boys only/girls only.

Mail to: Charas Heurich Invitational

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