

North Stokes High School Track & Field

1350 North Stokes School Road

Danbury, NC 27016

Phone: 336-593-8134

Fax: 336-593-8882

Coaches,

North Stokes High School will be hosting the Mighty Viking Track and Field Invitational on Saturday March 27, 2010. This invitational is open to any school that would like to attend. North Stokes will be the site of the 2010 Midwest 1A Regional and we are hoping to get many schools from our region as well as many 1A-4A schools that would like to attend.

North Stokes is only a 45 minute drive from Winston Salem and a one hour drive from Greensboro. Even though we are out in the middle of the country our track facility is one of the best high school facilities in this part of the state. We have hosted the Midwest 1A Regional six times in the past eight years so our staff and help is very experience. We will have FAT timing and scoring as well.

I have attached a time schedule and other meet information along with this letter. We are asking that each school pay a \$60 entry fee to help with meet expenses (i.e. medals, trophies, plaques for male and female meet performers). You will enter your athletes through direct athletics for this meet. Also we will have FAT Timing and Scoring.

If you are interested in coming to this meet please e-mail me back to us as soon as possible at rodney.king@stokes.k12.nc.us Please let me know if you plan to come.

Rodney R. King, II
North Stokes Track & Field
Women's Head Coach

2006 North Stokes High School Mighty Viking Track & Field Invitational Saturday April 1, 2006

Time Schedule:	Coaches Meeting	9:30 a.m.
	Field Events	10:00 a.m.
	4X800 Relay	10:30 a.m.
	Running events	11:00 on a rolling start

Running events will be seeded in heat races with the fastest heat first. This will help the meet to run faster.

Scratch Meeting: None – All scratches must be received by e-mail by 6:00 p.m. Friday March 31, 2006.

Entry Fee: \$60 per school (includes boys and girls team), If you have less than 12 Athletes it is \$5.00 per athlete.
Do Not Mail Check, bring it with you

Entry process: Entries must be either e-mailed, faxed or mailed on the enclosed entry forms. If e-mailing entries just type the events and names in the e-mail and send to rking@north.stokes.k12.nc.us If you are faxing the entries fax to (336-593-8882). If mailing entries mail to:

North Stokes High School
Attention Rodney King
1350 North Stokes School Road
Danbury, NC 27016

Entry Deadline: Friday March 24, 2006 at 12:00 p.m.

1. Entry limits: Each athlete may compete in 4 events (Relays included)
2. Entry limits: Each school may only enter 3 athletes per sprint event and up to 6 athletes per .

Awards: Medals to Top 3 Finishers
Team Awards for the Champion and Runner-up

Please detach and send back as soon as possible

_____ We will be bringing a team to the invitational

_____ We will not be bringing a team to the invitational

Name of School: _____ Coach's Name: _____

School Phone number _____ Home Phone: _____

E-mail address _____