

Vikings Track and Field Invitational

North Stokes High School will be hosting the Mighty Viking Track and Field Invitational on **Saturday March 26, 2011**. This invitational is open to any school that would like to attend. Last year we had a total of 12 teams with great competition and a championships style atmosphere. We had some of the top 1A-4A athletes and teams from across the state. We have some exciting changes in the meet this year that is going to make the meet better.

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. We have two long jump pits, and two pole vault pits. Everyone on our meet staff and all head officials are certified track and field officials.

Entry Fee: \$60 per school

Entry limit: 3 entries per event

Meet entry and registration through www.ncrunners.com

Medals to top three finishers in each event

Trophies to top two male and female teams

Plaques to top male and female field event performer and top male and female running event performer as voted on by the coaches

I have attached a time schedule and other meet information. If you are interested in coming please contact me at:

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