

Hoover Middle School Open—2020
Friday, February 28th, 2020

We will run an abbreviated racing schedule. 4 x 800, 300 hurdles & 4 x 400 will not be run because of early season cold nights.

4:00 Boys Shot Put, then Girls Shot Put
Girls Discus, then Boys Discus
Boys Long Jump, then Girls Long Jump
Girls Triple Jump, then Boys Triple Jump
Boys High Jump, then Girls High Jump
Girls Pole Vault, then Boys Pole Vault

4:00 4 x 100 Meter Relay
1600
100/110 Hurdles
400
100
800
200

- **All races are finals. Winners determined by time.
- **Athletes are limited to competing in three events.
- **There are unlimited entries per school allowed in each event.
- **We will run heats of 16 in the 800 & 24 in the 1600.

Coaches: PLEASE be honest with your entry times. Don't embarrass your kids by putting in a time that they are not capable of running. Heats will be seeded according to times entered.

Starting heights and minimum measurements—all first attempts will be measured. Three attempts, no finals.

	Boys	Girls
High Jump	4'4"	4'0"
Pole Vault	7'0"	6'0"
Long Jump	13'6"	11'0"
Triple Jump	26'0"	20'0"
Shot Put	26'0"	20'0"
Discus	70'0"	50'0"

Location: Hoover High School @ The Mary Birdwell Track

Entry Fee: \$100 per boys team and \$100 per girls team or \$15 for individuals.

Entry Deadline: Wednesday, February 26th, 2020 @ 11:00 p.m..

Entry guidelines: **All entries should be made on-line on alabamarunners.com.** This site will guide you through the process. Unlimited entries in both relays and individual events but only one relay team and three individuals will count in the team scoring.

Awards: Team trophies to the 1st and 2nd place teams. Medals will be awarded to the top 3 in each running, field and relay event.

Medals can be picked up by the winners immediately after the final results have been announced/posted. (B-team relays cannot score but can earn medals.)

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