

4/16/19

2019 East Alabama Track & Field Championships

Start Time:	COACHES MTG @ 2:30CST/3:30EST <i>Events BEGIN</i> at 3:00pmCST / 4:00pmEST	
Equipment:	Starting blocks will be provided. All field implements (except pole vault poles) will become property of the field for the duration of the meet.	
Middle School Entries: GRADES 7&8 ONLY	Limitations for entry are as follows: 2 athletes per event	1 relay team
Junior Varsity Entries: GRADES 9-12 (Non-Varsity Athletes)	Limitations for entry are as follows: 2 athletes per event	1 relay team
Entry Fees:	There will be a \$75 entry fee per School for each Division ; MS/JH & JV are different divisions. All entries will be done online at www.alabamarunners.com	
Entry Dealines:	** Entries due by 5pmET Sunday April 14th	
Verification of Entry	A prinout of your entries will serve as verification of your entries.	
Awards:	Top 3 in each event awarded medals; Top 2 teams awarded trophies	
Substitutions	Can be made for an athlete ENTERED in an event. The name will stay the same in the computer and they will keep the seed mark for the original athlete.	
Rules	Meet will use NFHS and AHSAA rules books for any infractions	
Important	Maximum Spike Length is 1/4" and NO needle or pyramid type spikes. Violation is a DQ.	
Scoring	10-8-6-5-4-3-2-1	
Field Events	<ul style="list-style-type: none"> * 1st legal attempt will be measured; then minimums enforced * 3 attempts per person * Finals Only 	
Appeals	Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 mins of infraction. If appeal is upheld, the money will be refunded. Appealable offenses are misapplications of NHFS/AHSAA rules. Judgement calls cannot be appealed.	
Events	<u>All running events will go MSG-JVG-MSB-JVB</u>	<u>FIELD EVENT Schedule</u>
	<u>3:30pmCST/4:30pmEST</u>	4:00 MS & JV B Javelin Following: MS & JV G Javelin MS/JV B&G Pole Vault MS & JV Girls HJ Following: MS & JV Boys HJ
4x800 meter relay: Girls-Boys 100 meter hurdles: Girls 110 meter hurdles: Boys 100 meter dash: Girls-Boys 1600 meter run: Girls-Boys 4x100 meter relay: Girls-Boys 400 meter dash: Girls-Boys 3200 meter run: Girls-Boys 800 meter run: Girls-Boys 300 meter hurldes: Girls-Boys 200 meter dash: Girls-Boys 4x400 meter relay: Girls-Boys	4:00 Boys JV L J MS L J	Girls MS Discus JV Discus
	5:00 Boys MS Discus JV Shot	Girls JV L J MS L J JV Shot (after B JV shot)
	6:00 Boys JV Discus MS Shot MS & JV TJ (after HJ)	Girls MS Shot MS & JV TJ (after LJ)