

FRIDAY

Coaches Meeting will be 9:15am EST Friday- please plan on attending for info, meal tickets, payments.

FRIDAY SCHEDULE OF FIELD EVENTS

Field Events will tentatively begin at **10am EST Friday**. They will work on a rolling start format by event location. As one event at a location ends, the next will be called for check-in and warm-ups.

RUNWAY 1	RUNWAY 2	SHOT PUT	DISCUS	JAVELIN	HJ
7A Boys Long Jump	7A Girls Triple Jump	7A Boys	1A Girls	7A Girls	1A Girls
1A Boys Triple Jump	7A Boys PV		1A Boys		1A Boys
1A Girls Long Jump	7A Girls PV		7A Girls		
	1A Boys PV				
	1A Girls PV				

FRIDAY SCHEDULE OF RUNNING EVENTS

The order will be 7A Girls/7A Boys, 1A Girls/1A Boys (except in hurdles it will be girls/boys)

Tentative start time is **10am EST**

1600m

4x100m Relay Prelims (only if 9+ teams)

400m

100H Prelims (only if 9+ athletes)

110H Prelims (only if 9+ athletes)

100m Prelims

4x800m Relay

200m Prelims

SATURDAY

Coaches Meeting will be 9:15am EST Saturday- please plan on attending for info, meal tickets, payments.

SATURDAY SCHEDULE OF FIELD EVENTS

Field Events will tentatively begin at **10am EST Saturday**. They will work on a rolling start format by event location. As one event at a location ends, the next will be called for check-in and warm-ups.

RUNWAY 1	RUNWAY 2	SHOT PUT	DISCUS	JAVELIN	HJ
1A Boys Long Jump	7A Girls Long Jump	1A Girls	7A Boys	1A Boys	7A Boys
7A Boys Triple Jump	1A Girls Triple Jump	7A Girls		1A Girls	7A Girls
		1A Boys		7A Boys	

SATURDAY SCHEDULE OF RUNNING EVENTS

The order will be 7A Girls/7A Boys, 1A Girls/1A Boys (except in hurdles it will be girls/boys)

Tentative start time is **9:30am EST for the 3200m** (then resume at Noon EST for 4x100m Relay Finals)

3200m (7A Girls- 9:30am, 7A Boys- 9:45am, 1A Girls- 10:00am, 1A Boys- 10:15am)

4x100m Relay Finals

100H Finals

110H Finals

100m Finals

300H

200m Finals

800m

4x400m Relay

2019 1A Section 1 / 7A Section 2

April 26-27, 2019

Smiths Station – JD Evilsizer Track Complex

Smiths Station, Alabama

Facility & Admission	8 lane track. Timing will be FAT. Full concessions will be sold. <u>Admission will be \$5 at the gate.</u> **** <u>Address for the Track— 1150 Lee Road 298, Smiths Station, AL, 36877</u> ****
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. Throwing implements will be weighed, those not meeting standard will be impounded. Signed PV weight form will be required.
Start Time	Friday: 10am ET / Saturday: Field events begin at 10am ET, Running events will start at 11amET. ** <u>All times are in EASTERN TIME- Coaches meeting 30 minutes before first event.</u>
Registration	Will be online at http://al.milesplit.com . Go to the meet calendar and find this meet by date and name.
Entries	<u>There is an entry limit of 3 athletes per event, and 1 relay.</u> <u>A varsity athlete may enter up to 4 events excluding relays.</u> <u>A competitor shall not compete in more than four events, including relays.</u> Seeding for Sectional Meets must be based on verifiable performances in the Alabamarunners.com database. Athletes with no performances in the database will receive a NT or ND for seeding purposes.
Communications	<u>PLEASE make sure you list a VALID Email & Cell Number when entering your team!</u> This is very important if we need to make any changes due to weather. Check emails and calls please!
Entry Deadline	Tuesday, April 23rd 2019 at noon ET. No entries will be taken after that time! Performance lists will be posted by April 25 th on AlabamaRunners at the meet page.
Entry Fee	Entry will be \$100 per gender/ \$200 per school. \$20 per individual for under 4 athletes. Meet day payment is preferred but if you need to mail it use this address: SSSH T&F 4228 Lee Road 430 Smiths Station, AL. 36877
Verification	A Printout of your entries will serve as your verification of entry into the meet.
Uniforms	Alabama uniform rules will be strictly enforced.
Order of Events	Schedule of Events (SOE) can be found on the meet webpage.
Clerking / Scratches	There will be no additions at the meet. All runners must check in 20 minutes before their race or be scratched. Final call at 10 mins at which time athletes MUST stay with the Clerk in the warm-up area. Events will start on time.
Awards	Trophies will be awarded to the top two (2) teams in each section and both boys & girls divisions. Medals will be awarded to the top 3 in each event. Section MVP's will be also be awarded.
Rules	We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.
Scoring	Individual: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1
Running Events	Minimum times can be found online in the AHSAA Spring Book.
Maximum Spike Length	The maximum spike length allowed will be ¾" The penalty for failure to comply is disqualification after being warned.
Field Events	Minimum distances/opening heights can be found in the AHSAA Spring Book. Each competitor will have 3 attempts with top 9 advancing to finals.
Results	Live Results will be provided- a smart device with internet connection is necessary. Paper results will also be posted on the board by the clerks area.
Appeals	Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 minutes of infractions. If appeal is upheld, the money will be refunded. Appealable offenses are misapplications of NFHS rules. Judgment calls cannot be appealed.
Contact	Meet Director: Ron Peters (Cell) 706-566-8276 (email) coachronpeters@gmail.com