

# 2020 Adonica Ferguson Open w/ Relays

February 29, 2020

Smiths Station High School: JD Evilsizer Track & Field Complex

Smiths Station, Alabama

<b>Facility &amp; Admission</b>	8 lane track. Timing will be FAT. Full concessions will be sold. Admission will be \$5 at the gate. <b><u>Address for the Track— 1150 Lee Road 298, Smiths Station, AL, 36877</u></b>		
<b>Equipment</b>	Starting Blocks will be provided. All field implements (except pole vault poles) will become property of the field for the duration of the meet.		
<b>Start Time</b>	Saturday: Field events begin at 10:30am ET, Running events will start at 10:30amET then take break. <b>** All times are in EASTERN TIME</b>		
<b>Entries &amp; Registration</b>	<b>There is no entry limit</b> , however, only the Top 3 from each team will score in individual events. Top 3 Running Event 4-man relay teams & Top 3 Field Event 2-man relay teams will score. <b><u>A varsity athlete may enter up to 4 events excluding relays.</u></b> <b><u>A competitor shall not compete in more than four events, including relays.</u></b>  Registration will be online at <a href="http://al.milesplit.com">http://al.milesplit.com</a> . Go to the meet calendar and find this meet by date or name.		
<b>Entry Fee</b>	Entry will be \$5 per athlete and \$10 per relay. \$150 per gender max/ \$300 per school. Checks payable to SSSH Track & Field; <b>meet day payments preferred</b> . If mailed use: 4228 Lee Road 430 Smiths, AL. 36877		
<b>Entry Deadline</b>	<b>Wednesday, March 26<sup>th</sup> at 8pm ET.</b> No entries will be taken after that time! Performance lists will be posted by March 28 <sup>th</sup> on AlabamaRunners.		
<b>Sanctioning</b>	The meet will be sanctioned for AHSAA (Alabama) and GHSA (Georgia) <b><u>member schools only!</u></b> <b><u>NO other member or unattached groups may enter!</u></b> Alabama uniform rules will apply.		
<b>Verification</b>	A Printout of your entries will serve as your verification of entry into the meet.		
<b>Clerking / Scratches</b>	There will be no additions at the meet. <b>All running athletes/relay teams must check in 20 minutes before their race or be scratched.</b> Final call at 10 mins at which time athletes MUST stay with the Clerk in the warm-up paddock area at the front of the track. <b>Events will start on time.</b>		
<b>Awards</b>	Trophies will be awarded to the top two (2) teams in both boys & girls divisions. Medals will be awarded to the top 3 relay teams or individuals in each event.		
<b>Rules</b>	We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.		
<b>Scoring</b>	<b>Individual &amp; Relays:</b> 10-8-6-5-4-3-2-1		
<b>Relays</b>	Swedish Medley- 100,200,300,400 (Start at 200m mark) DMR- 1200, 400, 800, 1600 1600 SMR- 200, 200, 400, 800		
<b>Field Events</b>	Each jumper/thrower will have 3 attempts with no finals. In the throws and horizontal jumps, the first legal mark will be measured, and then subsequent attempts must meet the standards below to also be measured. The meet director may change this at his discretion.		
<b>Opening Heights and Minimum Marks</b>	<b>Event</b>	<b>Boys</b>	<b>Girls</b>
	Long Jump	17'0"	14'0"
	Triple Jump	35'0"	25'0"
	High Jump	5'0"	4'0"
	Pole Vault	7'6"	6'0"
	Shot Put	34'0"	24'0"
	Discus	90'	70'
	Javelin	90'	70'
<b>Appeals</b>	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.		
<b>Contacts</b>	Meet Director: Ron Peters	(Cell) 706-566-8276	coachronpeters@gmail.com