**2019/2020 JV Indoor Meet #3
Tuesday, January 14, 2020
Birmingham, AL CrossPlex**

**Co-hosted by B’ham City Schools, Bob Jones, Hoover, Northridge,**

**Smiths Station, Spain Park, Vestavia Hills**

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| **Facility & Admission** | 6 lane hydraulic banked track. Timing will be FAT. Admission will be free for students, $5 for those 65 & over, $10 for other adults. AHSAA coach’s cards accepted. Coaches w/o cards-$10.  |
| **Equipment** | Starting Blocks and shots will be provided—leave yours at home. |
| **Entries & Registration** | 6A-7A schools are expected to also enter the weekend meets. This is not intended for your entire A team. There is no entry limit. There will be no team score. Athletes may enter up to 3 events including relays.Registration will be online at http://al.milesplit.com Go to the meet calendar and find this meet. |
| **Entry Fee** | Entry will be $10 per athlete. There will be a maximum fee of $250 per gender per team. ($500/school)Checks (or a copy of the purchase order for the meet fee) should be brought to the meet. Without such, athletes from the non-paying school will not be able to participate. These fees must be paid before future entry into subsequent meets will be allowed. See contract information at registration site for explanation and greater detail. Schools can write/mail checks to: **Alabama** **Indoor Track,** 2240 Partridge Lane, Hoover, AL 35226. If mailed, bring PO for verification: **No “check is in the mail” explanations allowed on race day.** |
| **Entry Deadline** | **Sunday, January 12th, 11:00 p.m. CST.** No entries will be taken after that time! Performance lists will be posted ASAP after that on AlabamaRunners. |
| **Sanctioning** | The meet will be sanctioned by the AHSAA ONLY!!!!!! |
| **Verification of Entry** | A Printout of your entries will serve as your verification of entry into the meet. |
| **Clerking / Scratches** | There will be no additions at the meet. **Check in will be when called to the clerk. We will not reheat for scratches. Coaches—please be accurate with your entries.** |
| **Awards** | There will be no awards at this meet. |
| **Rules** | We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply. |
| **Scoring** | **None** |
| **Field Events** | Each jumper/thrower will have 3 attempts with no finals. In the shot put and horizontal jumps, the first 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. |
| **Minimum Marks** | EventLong JumpTriple JumpShot PutPVHigh Jump | All measurement made |  |
| **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 NFHSA rules. Judgment calls cannot be appealed. |
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| **Contacts** | Meet Director: Devon Hind | (Office)205-439-1379 (Cell)205-807-9144 Dhind@hoover.k12.al.us |

**Schedule of Events**

**TRACK EVENTS (Girls compete first in all events)**

4:00 Rolling schedule

1600

400

60 Hurdles

60 Dash

800

4 x 200

FIELD EVENTS

4:00 High Jump—boys and girls on separate pits at same time

4:00 Girls Shot put/followed by boys shot put

4:00 Long Jump—boys and girls on separate pits at same time

4:00 Pole Vault—boys and girls on separate pits at same time

 Triple Jump immediately follows long jump

**Additional IMPORTANT information:**

**\*\*Each in-state registering school should be prepared to provide one capable adult volunteer to work one field event for each meet that they participate in. We hope to not have to call upon you for this.**

\*\*Coach’s cards will be checked at the gate. Adults who do not have coach’s cards will be charged a normal gate fee of $10.

\*\*¼ inch pyramid spikes only—athletes must go through a spike check before competing. A set of ¼” spikes will be available for purchase for $5 per pair of shoes at the spike check-in area.

\*\*Only athletes/coaches are allowed in the warm-up area.

\*\*Concessions will be available for purchase.

\*\*A swimming meet may be taking place at the same time as our track meet. Plan to get here early so you don’t get caught in traffic.

\*\*Parking is $5 at The CrossPlex for this event. The City of B’ham collects this parking fee. Parking in the shopping center lot and walking to The CrossPlex will get your car towed.

**\*\*This is a high school sanctioned event. Only member schools may participate. Track Clubs and unattached athletes are NOT allowed to participate.**

**LOCATION: The CrossPlex is located in Birmingham, Alabama at 2331 Bessemer Road, 35208**

 **Take I-20/59 to exit #120. Go south for 1 mile and The CrossPlex is on your left.**