Hewitt-Trussville Invitational

April 19-20, 2019

Hewitt-Trussville Stadium

6345 Husky Parkway

Trussville, Alabama

**Facility:** Hewitt-Trussville Stadium is eight lanes and has a Beynon 1000 surface. All runways including Javelin are the Beynon 1000 surface. All spikes must be ¼” or less. Hewitt-Trussville Stadium seats 8000 with two shot rings and one discus ring in the stadium and one shot ring, one discus ring, and the Javelin runway on the throwing field.

**Equipment:** All starting blocks and field equipment are supplied. You may bring your own shot, discus, or javelin, but they become property of the field.

**Entries:** There is a six (6) person limit per event. Only top three (3) individuals will score in each event. Two (2) relays are allowed in each relay but only one (1) will score. Each participant can enter up to four (4) events, including relays. All entries will done non line through [www.alabamarunners.com](http://www.alabamarunners.com) .

**Entry Deadline:** The entry deadline is **Tuesday, April 16th at 11:59 PM .**No entries will be taken after that time.

**Scratches**: Please notify us Friday morning of any scratches. There will be NO SUBSTITUTIONS at the meet. **All runners must** **check in 30 minutes before their race or be scratched.** This will assure full heats.

**Sanctions:** The meet is sanctioned by AHSAA and adjoining states of Georgia, Mississippi, Tennessee, and Florida.

**Entry Fee:** $5.00 per athlete and $5.00 per relay. Checks payable to:

Hewitt-Trussville High School-Track and Field, David Dobbs, 6450 Husky Parkway, Trussville, Alabama 35173

**Gate:** $5.00 per person, under 10 free

**Coaches Hospitality**: We will have a full hospitality room for Friday night, Saturday snacks

**Awards:** Trophies to top three teams in each division. Medals to top three individuals and relays in each event.

**Rules**: We will use the National Federation rulebook for rule disputes. Current uniform rules apply.

**Scoring:** 10-8-6-5-4-3-2-1

**Field Events:** Each participant will have three (3) attempts with the top nine (9) advancing to finals. In the throws and horizontal jumps the **first** mark will be measured, and then subsequent attempts must meet the standards listed below.

**Minimums: Event VB VG**

**Long Jump 18’ 14’**

**Triple Jump 39’ 31’**

**High Jump 5’6” 4’6”**

**Pole Vault 10’6” 8’**

**Shot Put 40’ 28’**

**Discus 100’ 75’**

**Javelin 130’ 85’**

HEWITT-TRUSSVILLE INVITATIONAL

SCHEDULE OF EVENTS

FRIDAY, APRIL 29, 2019 SATURDAY, APRIL 20,2019

4:15 4X100 Relay Prelims, Qualify 8 10:00 am 4x100 Relay Finals

4:40 Two Mile Run, Finals 10:10 am One Mile Run, Finals

5:20 400m Dash, Prelims, Qualify 8 10:40 am 400m Dash Finals

6:00 100m dash, Prelims, Qualify 8 10:55 am 100m Dash Finals

6:45 100/110 Hurdles, Prelims, Qualify 8 11:10 am 100/110H, Finals

7:15 800m Run, Finals 11:20 am 4 x 800 Relay

8:00 200m Dash, Prelims, Qualify 8 11:45 am 200m Dash, Finals

8:30 300 Hurdles, Prelim, Qualify 8 12:00 pm 300H, Finals

12:15 pm 4x400m Relay

4:30 Boys Long Jump 9:30 am Boys, Discus, UR

Girls High Jump Girls Long Jump

Boys Shot Put Boys High Jump

Girls Discus Girls Shot Put, LR

Girls Pole Vault Boys Pole Vault

6:00 Girls Triple Jump 11:00 am Girls Javelin, UF

Boys Javelin, Upper Field Boys Triple Jump