

BLOUNT INVITATIONAL

SATURDAY, MARCH 28TH

MEET INFORMATION



FACILITY	The meet will be held at Blount High School, located at 5450 Lott Rd. in Eight Mile, AL. The facility consists of a six-lane (eight on the home straight away) polyurethane track, with one long/triple jump pit, a pole vault and high jump pit, and a separate throws venue for the shot put. The javelin and discus will be thrown on the infield. There are very clean restroom facilities, and there will be a concession stand. All tents must be set up on the top rows of the stadium or in the designated areas outside of the track fencing.														
ADMISSION	Admission will be \$5 for ages 10 & up.														
WARM-UP AREA	Athletes will be allowed to warm-up on the track prior to the first running event. The baseball field or the football practice field located across from the track may be used once the running events begin.														
ENTRIES & SCORING	The top eight places will be scored, 10-8-6-5-4-3-2-1. In order to limit the length of the meet, each team is allowed to enter up to three athletes per individual event. Only one relay team may be entered. According to Alabama High School Athletic Association rules, varsity athletes are limited to four events. All entries will be done through http://al.milesplit.us . The website will guide you through the entry process. Go to the calendar section to find the meet.														
ENTRY DEADLINE	The entry deadline is Tuesday, March 24 th . Entries will be opened on February 27 th . Entries must be completed at http://al.milesplit.us . There will be no additions or scratches after the deadline. Substitutions can only be made during the coaches meeting for entered athletes. The names and seed times entered will remain the same in the computer.														
ENTRY FEE	The entry fee is \$75 per gender team (\$20 per athlete if less than 4 on team). Checks should be made payable to Blount High School and should be brought to the meet. DO NOT mail check to the school. Athletes will not be allowed to participate unless payment has been received. Packets will be given once payments have been received.														
TIMING	Fully automatic timing (FAT) will be available.														
AWARDS	Trophies will be given to the top girls' and boys' teams. Only first place finishers in each event will receive a medal. Each participant on a relay will also receive a medal.														
RULES	All AHSAA member schools are invited. AHSAA rules and sanctions will be strictly enforced. A mandatory coaches meeting will be held at 8:30a.m. The maximum length of pyramid spikes is ¼ inch; any athlete found in violation of this rule will be disqualified from the event. All running events will be finals on time. A one-minute and a half rule will be enforced in all field events.														
EQUIPMENT	Starting blocks will be provided. Athletes will need to provide their own implements.														
APPEALS	Any appealable offense of a misapplication of an AHSAA rule must be given to the Meet Director in writing accompanied with \$25.00 within 30 minutes of the infraction. If the appeal is upheld, the appeal fee will be refunded.														
HOSPITALITY	Complimentary lunch will be provided for coaches as well as officials.														
CONCESSIONS	Concessions will be available for purchase to accommodate spectators and athletes														
CONTACTS	<table><tr><td>Meet Director & Head Boys Coach</td><td></td><td></td></tr><tr><td>Melvin Jones</td><td>Email: mjsolutions2008@yahoo.com</td><td>Cell: 251-300-7615</td></tr><tr><td>Clerk of Course & Head Girls Coach</td><td></td><td></td></tr><tr><td>Mashuanda Dixon</td><td>Email: mdixon@mcpss.com</td><td>Cell: 251-288-7729</td></tr></table>			Meet Director & Head Boys Coach			Melvin Jones	Email: mjsolutions2008@yahoo.com	Cell: 251-300-7615	Clerk of Course & Head Girls Coach			Mashuanda Dixon	Email: mdixon@mcpss.com	Cell: 251-288-7729
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Running Events - rolling schedule with a 10:30 a.m. start time

4×800 relay (G/B)
100/110 High Hurdles (G/B)
100 (G/B)
1600 (G/B)
400 (G/B)
4×100 (G/B)

BREAK (15 MIN)

300 Low Intermediate Hurdles (G/B)
800 (G/B)
200 (G/B)
3200 (G/B)
4×400 (G/B)

Field Events

9am GIRLS LONG JUMP followed by BOYS LONG JUMP
BOYS SHOT PUT followed by GIRLS SHOT PUT
GIRLS JAVELIN followed by BOYS JAVELIN

11:00 BOYS DISCUS followed by GIRLS DISCUS (immediately after completion of the javelin)

12:00 GIRLS TRIPLE JUMP followed by BOYS TRIPLE JUMP (immediately after completion of the long jump)

Starting Heights and Minimum Measurements

All first attempts will be measured. After that, the minimum standard will be used.
Each athlete will be granted 4 throws or jumps with no finals.

	Boys	Girls
Long Jump	19'0"	14'0"
Triple Jump	38'0"	28'0"
Shot Put	38'0"	25'0"
Discus	90'0"	60'0"
Javelin	110'0"	60'0"