**2017 Metro HS Track & Field Championships Monday & Tuesday April 03- 04, 2017 at Milton Frank Stadium** All Public & Private Huntsville, Madison & Madison County AHSAA High Schools Host School Columbia High School AHSAA Sanctioned

**Dates**: Monday April 3rd 3:00 pm- 8:00 pm & Tuesday April 4th 3:00 pm- 9:00 pm

**Time:** 3:00 pm for field events, 3:30 pm for track events

**Schedule of Events:** see page 2. All running events on a rolling schedule.

**Host School & Meet Site:** The host school is Columbia High School The meet site is Milton Frank Stadium in Huntsville.

**Entry Fee:** The entry fee is $5.00 per athlete & $10.00 per relay. A fee of $50.00 will be billed to all schools that do not provide 2 volunteers per day to assist the AHSAA Officials or to help elsewhere where needed for the meet. Make checks payable to Metro Coaches track & field account. Pay at meet or mail to: Paul Shea, Metro Treasurer, 4205 Lakeview Drive, Huntsville, Alabama 35810.

**Gate Fee:** An admission fee of $6.00 per day or $10.00 for a 2 day pass will be charged for all non- athletes. AHSAA Coaches & Officials must present card at Gate for FREE admission.

**Entries:** Championship format: 3 athletes per school per event and 1 relay team. All entries must be online via Alabama Runners (Mile Split).

**Entry Deadline:** Friday, March 30, 2017 at 10:59 pm Central Time.

**Which Schools may Enter**: All Public & Private AHSAA member high schools from the City of Huntsville, the City of Madison and from Madison County.

**Awards**: Trophies for the top 3 teams and medals for the top 3 athletes per event. Top female & male point scorer will receive a personalized trophy with their name and school name as ‘Metro Track & Field Athlete of the Year’ plus 5x7 photo.

**Coaches & Officials Hospitality Table**: The Metro Coaches Association will provide submarine sandwiches & chilled bottled water for both days of competition. No athletes. Any athlete stealing food will be disqualified from meet. This is for the AHSAA Coaches & Officials & Volunteer workers only.

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**2017 Metro High School Track & Field Championships** **Monday & Tuesday April 03- 04, 2017 at Milton Frank Stadium MEET SCHEDULE**

**MONDAY April 3 RUNNING EVENTS FIELD EVENTS** 3:30 pm 4x100 relay Preliminaries (Pre) 3:00 pm Boys: discus, PV, LJ 1600 meter Final Girls: HJ, SP 400 meter Final 100/ 110 hurdles Pre 5:00 pm Boys: shot put 100 meter Pre Girls: discus, LJ 4x800 relay Final 200 meter Pre

**TUESDAY April 4 RUNNING EVENTS FIELD EVENTS** 3:30 pm3200 meter Final 3:00 pm Boys: javelin, HJ 4x100 relay Final Girls: pole vault, TJ 100/110 hurdles Final 100 meter Final 5:00 pm Boys triple jump 300 hurdles Final Girls javelin 200 meter Final 800 meter Final 4x400 relay Final

All first marks will be measured for shot put, discus, javelin, long jump, triple jump. After that the following minimum standards for state 1A must be met to receive a measurement.

Minimums: Boys Girls Shot Put 34’ 0” 26’ 0” Discus 90’ 0” 65’ 0” Javelin 115’ 0” 65’ 0” Long Jump 17’ 0” 13’ 0” Triple Jump 34’ 0” 26’ 0” Pole Vault 8’ 0” 6’ 0” High Jump 5’ 4” 4’ 2”

Running Event order will be girls followed by boys. In the event of cancelation due to bad weather the make- up will be on Wednesday, April 5, 2017.

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**Metro Track & Field Championship Records Varsity Girls Individual Events**

FIELD EVENTS

YEAR EVENT NAME SCHOOL RECORD 2013 pole vault Mariah Lorge Bob Jones 11’ 03”

2003 high jump Rachael Shanks Bob Jones 5’ 06”

2006 long jump Reneisha Hobbs J.O. Johnson 18’ 03”

1997 triple jump Nakeisha Jackson J.O. Johnson 36’ 08”

2016 shot put- 4k Alana White Huntsville 37’ 04 ½”

2013 discus- 1k Berta Amelinaite Huntsville 140’ 04”

2012 javelin- 600g Mariah Pennington Huntsville 124’ 11”

RUNNING EVENTS

YEAR EVENT NAME SCHOOL RECORD 1997 100 hurdles Toyin Augustus Grissom 14.29

1997 300 hurdles Toyin Augustus Grissom 45.38

2001 100 meter Stephanie McCauley J.O. Johnson 12.05

2016 200 meter Taylor Jones Lee- Huntsville 24.93

2012 400 meter Kamari Martin J.O. Johnson 57.12

2012 800 meter Kamari Martin J.O. Johnson 2:18.96

2008 1600 meter Katie Huston Sparkman 5:10.70

2006 3200 meter Katie Huston Grissom 11:19.54\*

\*Hand time converted to electronic equivalent. Old hand times below 400 meters were not accepted and instead used fastest known automatic time.

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**Metro Track & Field Championship Records Varsity Boys Individual Events**

FIELD EVENTS

YEAR EVENT NAME SCHOOL RECORD 2013 pole vault Russell Pugh Madison County 14’ 06”

2012 high jump Ronnie Williams Bob Jones 6’ 05”

2012 long jump Nathan Vardaman Huntsville 23’ 06 ½”

2006 triple jump Kevin Perry Bob Jones 45’ 11”

2013 shot put- 12lb Grant Hill Huntsville 53’ 10”

2013 discus- 1.6k Grant Hill Huntsville 189’ 09”

2006 javelin- 800g Luke Gaines Bob Jones 170’ 04”

RUNNING EVENTS

YEAR EVENT NAME SCHOOL RECORD 2011 110 hurdles Collins Moore Bob Jones 14.57

2012 300 hurdles Nick Beavers Bob Jones 38.86

2015 100 meter Alize Ford Columbia 10.73

2008 200 meter Sean Delisser Lee- Huntsville 21.28

2016 400 meter Charles Lewis Sparkman 48.08

2011 800 meter Blaise Binns Grissom 1:58.04\*

2003 1600 meter Sam Nuckols Huntsville 4:29.84\*

1998 3200 meter Phillip Wiles Huntsville 9:43.44\*

\*Hand Time was converted to electronic equivalent. Old hand times below 400 meters were not accepted and instead used fastest known automatic time.

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**Metro Track & Field Championship Record Varsity Girls Relay Events**

YEAR EVENT SCHOOL RECORD 2016 4x400 meter relay Lee- Huntsville 47.99 (Taylor Jones, Kenysha Coulson, TeMia Pride, Jayleisha McHenry)

2016 4x400 meter relay James Clemens 3:58.16 (Audriana Blakely, Uriah James, Vada Samuels, Rachael Seely)

2015 4x800 meter relay Huntsville 9:50.24 (Abbey Lane, Hannah Wiggins, Gillianne Sharp, Sarah Mohan)

**Varsity Boys Relay Events**

YEAR EVENT SCHOOL RECORD 2016 4x100 meter relay Bob Jones 41.95 (Brad Anderson, Jonathan Moss, Jayay Hawthorn, A.J. Harris)

1998 4x400 meter relay Madison County 3:20.44\* (Sam Cousins, Donnie Smith, Zachary Vann, David Hanson)

2016 4x800 meter relay Sparkman 8:23.73 (Seth Graham, Bailey Herfurth, Shafi Muhammad, Jacob Russell)

\*Hand Time converted to electronic equivalent. Old hand times below 400 meters were not accepted and instead used the fastest known automatic time.

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