

BLOUNT INVITATIONAL

SATURDAY, MARCH 30TH

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 located across from the track may be used once the running events begin.
- ENTRIES & SCORING** 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 Sunday, March 24th. Entries will be opened on March 1st. 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 \$60 per gender 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.
- 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 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.
- CONTACTS**
- | | | |
|---------------------------------|---|--------------------|
| Meet Director & Head Boys Coach | | |
| Melvin Jones | Email: mjsolutions2008@yahoo.com | Cell: 251-300-7615 |
| Head Girls Coach | | |
| Mashuanda Dixon | Email: mdixon@gmail.com | Cell: 251-288-7729 |

BLOUNT INVITATIONAL – MARCH 30TH

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)
4×100 (G/B)
400 (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 TRIPLE JUMP followed by BOYS TRIPLE JUMP
BOYS LONG JUMP followed by GIRLS LONG JUMP
BOYS SHOT PUT followed by GIRLS SHOT PUT
BOYS JAVELIN followed by GIRLS JAVELIN

10:30 GIRLS DISCUS followed by BOYS DISCUS (immediately after completion of javelin)

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"	29'0"
Shot Put	38'0"	27'0"
Discus	95'0"	70'0"
Javelin	120'0"	75'0"