**West Al & Tusc.City / County - Middle School Championships**

**Where:** Northridge High School, 2901 North Ridge Road, Tuscaloosa AL 35406

**When:** 4:00 PM, **Tuesday, April 22nd**  2014.

**ENTRY FEES:**  $100.00 per team – unlimited entries **(Boys & Girls are separte teams).**

 Boys & Girls = $200. Please make checks payable to**: Northridge H. S. Track.**

Payments : Accept race day payments. Checks, Cash, or **must have a**

 **signed purchase order with P.O. number in order to compete.**

**ENTRY LIMITS:**  Teams may have unlimited entries, only the top three individuals per school

 will be scored in individual events and only one relay team per school in the

 relay events . **Each athlete may participate in only 3 events.**

**ENTRY PROCESS:** Entries by al.milesplit.com must be received by Sunday**, April 20th .**

 **This website will guide you through the process**

**ENTRY DEADLINE:** All entries must be submitted by **midnight on Sun., Apr. 20th.** No additions or changes! Substitutions can be made the day of the meet, but the names will remain the same in the computer.

**SCORING:** Team scoring will be in accordance with NFHS rule 2-2 for less than 7 teams competing and 10-8-6-4-2-1 for seven or more teams competing.

**AWARDS: Trophies** will be given to the 1st , 2nd and 3rd place teams in both divisions; Medals will be given to top 3 finishers in each event.

**TRACK:**  8=lane all-weather

**CONCESSIONS:** Full concessions will be sold.

**MEET RULES:** The meet will be conducted under NFHS Rules and in accordance with the AHSAA **Spring Sports Book. Jr. High - 3 events per Athlete**. No jewelry except for medical tags (taped to body) or wrist watches.

Shorts must be worn over speed suits.

**HEAT SHEETS:** Heat sheets will be available at the meet.

**ADDITIONAL INFO:** Jeff Sparks, Northridge H. S., 2901 Northridge Road, Tuscaloosa,

 AL 35406. (Cell)**:** (205) 792-1804, **(H):** 553-8775, **(O):** 759-3590.

 **My email address:** **jsparks@tusc.k12.al.us****.**

**ORDER OF EVENTS**

| **RUNNING EVENTS*****-rolling schedule; no events will be started after 8:00 PM-*****(for each event, order of divisions is indicated, all heats are finals)** |
| --- |
| ***Time*** | ***Event*** | ***Notes*** |
| *4:00 PM* | *3200-m Relay- 4 x 800 (JHG, JHB)* |  |
|  | *100-m Hurdles (JHG), 110-m Hurdles (JHB)* | *30" & 33”* |
|  | *100-m Dash (JHG, JHB)* |  |
|  | *1600-m Run (JHG, JHB)* |  |
|  | *400-m Relay – 4 x 100 (JHG, JHB)* |  |
|  | *400-m Dash (JHG, JHB)* |  |
|  | *300-m Hurdles (JHG, JHB)* | *30"* |
|  | *800-m Run (JHG, JHB)* |  |
|  | *200-m Dash (JHG, JHB)* |  |
|  | *1600-m Relay - 4 x 400 (JHG, JHB)* |  |

| ***FIELD EVENTS******-rolling schedule; no events will be started after 8:00 PM-*****Three attempts, except for high jump and pole vault.****starting heights indicated for high jump & pole vault** |
| --- |
| ***Time*** | ***High Jump*** | ***Long Jump*** | ***Triple Jump*** | ***Pole Vault*** | ***Shot Put*** | ***Discus Throw*** |  |
| *4:00 PM* | *JHG (3-10)*  | *JHB* | *--* | *JHG (5-0)* | *JHB (4 kg)* | *JHG (1 kg)* |  |
|  Will follow | *JHB (4-4)* | *JHG* | *JHB* | *JHB (6-0)* | *JHG (4 kg)* | *JHG (1 kg)* |  |
|  Will follow |  |  | *JHG* |  |  |  |  |