

Mountain Brook Invitational

Sponsored by



April 11-12, 2014

Mountain Brook High School
Birmingham, Alabama

Facility: Mountain Brook High School's track is eight lanes and consists of a Mondo surface. Additionally, all runways, with the exception of javelin are Mondo. All spikes must be ¼ inch or shorter. Spartan Stadium seats approximately 5000 with full restrooms and concessions.

Equipment: Starting blocks and implements in all field events are supplied. You may bring your own shots, discus, and javelins, but they will become property of the field.

Entries: There is no entry limit, however, only the top three individuals on a team in each event may score. Additionally, each school may only score one relay. A varsity participant can enter up to 4 events, including relays, while middle school may enter up to 3 events, including relays. An individual can compete in only one division. *Please be sure to enter all relay participants so that they will be assigned a bib number.* All entries will be done on line through www.alabamarunners.com. Please refer to the instructions found there.

Entry Deadline: The entry deadline is **Wednesday, April 9 at 11:59 PM!!!** No entries will be taken after that time.

Scratches: Any changes to your entries for Friday's session must be done by 8:30 AM Friday morning. These may be done by email to mcgovernm@mtnbrook.k12.al.us. All changes for Saturday must be done by Friday night at the end of the meet. **Coaches, please make as many scratches ahead of time, if you know them.** 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 Georgia, Mississippi, Virginia, Kentucky, South Carolina and Tennessee.

Entry Fee: \$5.00 per athlete entered and \$5.00 per relay entered. Checks should be made payable to Mountain Brook High School.

Awards: Trophies to top 3 teams in each division. Awards will be given to the top 3 finishers in each event.

Rules: We will use the National Federation rulebook for any rule disputes. Additionally, we will follow NFHS rules regarding uniforms to allow out of state teams to wear their respective uniforms.

Scoring: **Individual Events: 10-8-6-5-4-3-2-1 Relays: 20-16-12-10-8-6-4-2**

Field Events: Each jumper/thrower will have 3 attempts with the top 9 advancing from the trials to the finals. In the throws and horizontal jumps, the first mark will be measured, and then subsequent throws must meet the standards below.

Clydesdale 4x100: We will have a non-scoring Clydesdale 4x100 on Saturday. Members must be thrower(who don't also sprint) and need to be above or close to 200lbs.

Opening Heights & Minimum Marks	Event	VBoys	VGirls
	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'

Mail entry fee to: Mountain Brook High School
Greg Echols
3650 Bethune Drive
Birmingham, AL. 35223

MOUNTAIN BROOK INVITATIONAL

Sponsored by The Trak Shak

April 11, 2014

Friday Evening Session (VARSITY ONLY)

Running Events

4:15	4x 100m Relay	Prelims (Qualify 8)
4:50	2 Mile Run	FINALS ON TIME
6:05	400m Dash	Prelims (Qualify 8)
7:15	100m Dash	Prelims (Qualify 8)
7:55	110/100m Hurdles	Prelims (Qualify 8)
8:25	800m Dash	FINALS ON TIME
9:15	200m Dash	Prelims (Qualify 8)
10:00	300m Hurdles	Prelims (Qualify 8)

Field Events

4:45	Long Jump	Varsity Boys
4:45	High Jump	Varsity Girls
4:45	Shot Put	Varsity Boys
4:45	Discus	Varsity Girls
5:30	Pole Vault	Varsity Boys
6:30	Triple Jump	Varsity Girls
6:30	Javelin	Varsity Girls

April 12, 2014

Saturday Morning Session (MIDDLE SCHOOL ONLY)

Running Events

9:30	1 Mile Run	FINALS ON TIME
10:10	4 x 100m Relay	Prelims (Qualify 8)
10:30	400m Dash	Prelims (Qualify 8)
11:15	100m Dash	Prelims (Qualify 8)
11:50	110/100m Hurdles	Prelims (Qualify 8)
12:20	800m Dash	FINALS ON TIME
12:55	200m Dash	Prelims (Qualify 8)
1:50	300m Hurdles	Prelims (Qualify 8)

Field Events

9:30	Long Jump	Mid School Girls
9:30	Triple Jump	Mid School Boys
9:30	Discus	Mid School Girls
9:30	Shot Put	Mid School Boys
9:30	Pole Vault	Mid School Boys
9:30	High Jump	Mid School Girls
11:00	High Jump	Mid School Boys
11:00	Shot Put	Mid School Girls
11:00	Discus	Mid School Boys
11:00	Pole Vault	Mid School Girls
11:00	Long Jump	Mid School Boys
11:00	Triple Jump	Mid School Girls

Saturday Afternoon Session (MIDDLE SCHOOL AND VARSITY)

Running Events

3:00	4x100m Relay	FINALS
3:15	1 Mile Run (VARSITY)	FINALS ON TIME
4:35	400m Dash	FINALS
4:50	100m Dash	FINALS
5:00	100/110m Hurdles	FINALS
5:10	4 x 800m Relay	FINALS ON TIME
6:45	200m Dash	FINALS
6:55	300m Hurdles	FINALS
7:05	Clydesdale 4x100	EXHIBITION
7:10	4 x 400m Relay	FINALS ON TIME

Field Events

2:30	Discus	Varsity Boys
3:30	Long Jump	Varsity Girls
3:30	High Jump	Varsity Boys
3:30	Shot Put	Varsity Girls
4:00	Pole Vault	Varsity Girls
4:00	Javelin	Varsity Boys
4:00	Triple Jump	Varsity Boys