

AHSAA 3A & 6A Section 3 Track & Field Championships

April 25-26, 2014

Hosted by Mountain Brook High School

3A Schools: Brindlee Mountain, Cleveland, Elkmont, Lauderdale County, Madison Academy, J. B. Pennington, Piedmont, Pisgah,, Susan Moore, Tarrant, Vinemont, Westminster Christian, White Plains

6A Schools : Bessemer City, Carver-Birmingham, Chelsea, Hillcrest, Hoover, Hueytown, Huffman, Jackson-Olin, Minor, Mountain Brook, Northridge, Oak Mountain, Pelham, Spain Park, Thompson, Tuscaloosa County, Vestavia Hills, and Woodlawn

Entry Procedure: All entries will be done through www.alabamarunners.com. All entry marks must have been achieved during the 2014 season and will be verified through the www.alabamarunners.com database. There is a maximum of three athletes per event and one relay team per school. Each athlete may compete in a maximum of four events. All relay athletes must be entered as well.

Entry Deadline: April 21 at noon! LATE ENTRIES WILL NOT BE ACCEPTED!

Scratches/Substitutions: Scratches and substitutions will be taken until noon April 23rd. You may not make any additions at this point. Please email to mcgovernm@mtnbrook.k12.al.us

Entry Fee: \$100.00 per team, boys and girls separate. Make checks payable to Mountain Brook High School

Awards: Awards to the top three finishers in each event and team awards to the champion and runner-up.

Team Scoring: Scoring eight places: 10-8-6-5-4-3-2-1

Coaches Admission: A AHSAA coaches card will be required for admission for all coaches. Those without cards will have to pay for admission.

Concessions: We will have a concession stand in operation both days of the meet.

Protest Fee: A \$20.00 cash protest fee will be required for any objections to the meet referee's decision. This includes all rereads on finish photos.

Qualifying: The top FIVE finishers in each event meeting the state qualifying mark will qualify for the state meet the following weekend at Gulf Shores. Additionally, four wildcards in each event will be selected from all four section meets. These wildcards must also meet the state qualifying mark. All ties for the final qualifying spot will be broken at the meet.

State Qualifying Marks and Starting heights:

	6A Boys	6A Girls	3A Boys	3A Girls
Long Jump*	20'	15'	17'	13'
Triple Jump*	40'	30'	35'	26'
Discus*	120'	80'	95'	65'
Javelin*	130'	85'	120'	65'
Shot Put*	40'	29'	36'	26'
High Jump	5'8"	4'8"	5'4"	4'2"
Pole Vault	11'0"	7'6"	8'	6'
400m*	53.00	62.00	60.00	72.00
800m*	2:05	2:30	2:25	3:05
1600m Run*	4:50	5:45	5:30	7:15
3200m Run*	10:40	12:45	13:00	15:00
300m Hurdles*	45.00	53.00	52.00	60.00
1600m Relay*	3:40	4:40	4:10	5:15
3200m Relay*	8:45	10:45	10:00	13:30

*marks must be met in sectional meet to qualify for state

Any teams wishing to erect tents must do so in the top rows of the stadium.

AHSAA Track &Field

3A and 6A Section 3 Championships

April 25-26, 2014

Friday, April 25

Running Events

Tine	Event	Round	Division
4:15	4x100	Prelims(Qualify 8)	3A/6A
4:45	1600m	FINALS	3A/6A
5:45	400m	FINALS	3A/6A
6:45	100mH	Prelims(Qualify 8)	3A/6A
7:10	110H	Prelims(Qualify 8)	3A/6A
7:30	100m	Prelims (Qualify 8)	3A/6A
8:00	4x800	FINALS	3A/6A
9:00	200m	Prelims(Qualify 8)	3A/6A

Field Events

3:30	Shot Put	3A Boys
4:00	Long Jump	3A Girls
4:00	Discus	6A Boys
4:00	Long Jump	6A Girls
5:00	Shot Put	6A Girls
4:00	Pole Vault	3A Boys
4:00	High Jump	3A Girls
4:00	Javelin	3A Boys
6:00	High Jump	6A Girls
6:00	Triple Jump	6A Boys
6:00	Triple Jump	3A Boys
6:00	Javelin	3A Girls
6:30	Shot Put	3A Girls
7:00	Discus	3A Boys
7:00	Pole Vault	6A Boys
8:00	Shot Put	6A Boys

Saturday, April 26

Running Events

9:00	3200m	FINALS
10:15	4x100	FINALS
10:45	100mH	FINALS
11:00	110mH	FINALS
11:30	100m	FINALS
12:00	300mH	FINALS
1:00	200m	FINALS
1:30	800m	FINALS
2:45	4x400m	FINALS

Field Events

9:00	Javelin	6A Boys
9:00	Triple Jump	3A Girls
9:00	High Jump	6A Boys
9:00	Long Jump	3A Boys
9:00	Discus	3A Girls
9:00	Pole Vault	6A Girls
12:00	Javelin	6A Girls
12:00	Pole Vault	3A Girls
12:00	High Jump	3A Boys
12:00	Discus	6A Girls
12:00	Long Jump	6A Boys
12:00	Triple Jump	6A Girls