# 1A Section 3 / 4A Section 1 / 7A Section 2 

April 24-25, 2015

Smiths Station High School Track Complex<br>1100 Lee Road 298<br>Smiths Station, AL 36877

| Facility | 8 lane track. Timing will be FAT. Full concessions will be sold. Admission will be $\$ 5$ at the gate. |
| :---: | :---: |
| Equipment | Starting Blocks will be provided. All field implements (except pole vault poles) will become property of the field for the duration of the meet. Throwing implements will be weighed. Implements not meeting standard will be impounded. |
| Entries | Only 3 athletes per team will be allowed to enter an event. Entry will be online at: <br> (1A) http://al.milesplit.com/meets/194709/registration <br> (4A) http://al.milesplit.com/meets/194721/registration <br> (7A) http://al.milesplit.com/meets/203159/registration <br> Please make sure you list a VALID email and cell phone number when entering your team on AlabamaRunners.com |
|  | THERE WILL BE NO ENTRIES ALLOWED after midnight, EST Sunday. April 199. |
|  | Seeding for sectional meets must be based on verifiable performances in the Alabamarunners.com database. Athletes with no performances in the database will receive an NT or ND for seeding purposes. |
| Entry Fee | \$100 per team / \$200 per school. <br> Uniform rule will be strictly |
| Verification of Entry | A printout of your entries will serve as verification of your entries. <br> throwing events, must be in a school issued TRACK uniform. |
| Info Updates | (1A) http://al.milesplit.com/meets/194709/ <br> (4A) http://al.milesplit.com/meets/194721/ <br> (7A) http://al.milesplit.com/meets/203159/ |
| Order of Events | Order of events can be found th the above addresses. |
| Clerking | Check in will be 20 minutes out for first call and 10 minutes out for final call.. |
| Running Events | Minimum times for each event can be found in the AHSAA handbook. |
| Field Events | Minimum distances can be found in the AHSAA Spring Book. <br> In all Horizontal and Throwing events, athletes will receive 3 attempts with the top 9 advancing to finals. <br> The $1^{\text {st }}$ legal attempt of a competitor will receive a mark. |
| Scoring | 10-8-6-5-4-3-2-1 |
| Timing | Live Online Results will be provided for spectators, athletes, coaches, and family members at home to keep up with scoring - a smart device with an internet connection is necessary. Paper Results will also be posted on site. |
| Maximum Spike Length | The maximum spike length allowed will be $1 / 4 \prime$ unless spike slots are inside. |
| Awards | Trophies will be awarded to the top two (2) teams in both boys and girls divisions. Medals will be awarded to $1^{\text {st }}, 2^{\text {nd }}$, and $3^{\text {rd }}$ places for each. |
| Appeals | Any appeal must be given to the referee in writing accompanied with $\$ 25.00$ within 30 minutes of the infraction. If the appeal is upheld, then the money will be refunded. Appealable offenses are misapplications of NFHSA rules. Judgment calls cannot be appealed. |
| Contact Information | Ron Peters Tim Loreman <br> coachronpeters@gmail.com Loreman.tim@lee.k12.al.us |

MAIL CHECKS TO:
Smiths Station High School
4228 Lee Road 430
Smiths Station, AL 36877

Coaches Meeting will be 9:30 EST Friday.
FRIDAY SCHEDULE OF FIELD EVENTS
Field Events will start at 10 am EST Friday morning. They will work on a rolling start format by event location. As one event at a location ends the next will be called.

| RUNWAY 1 | RUNWAY 2 | SHOT | DISCUS | JAV | HJ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 7A Boys Triple Jump | 7A Girls Triple Jump | 4A Boys | 1A Girls | 7A Girls | 1A Girls |
| 7A Boys Long Jump | 4A Girls PV | 7A Boys | 1A Boys | 4A Boys | 1A Boys |
| 1A Boys Triple Jump | 4A Boys PV | 4A Girls | 7A Girls | 1A Girls | 7A Girls |
| 4A Girls Long Jump | 1A Girls PV | 1A Boys | 4A Girls | 7A Boys | 7A Boys |
| 1A Girls Long Jump | 1A Boys PV |  |  |  | 4A Boys |
|  | 7A Girls PV |  |  |  | 4A Girls |
|  | 7A Boys PV |  |  |  |  |

## FRIDAY SCHEDULE OF RUNNING EVENTS

The order will be 1A Girls / Boys, 4A Girls / Boys, 7A Girls/Boys
Tentative start time is 12 noon EST. We will announce a final running start time after close of entries.
$4 \times 100$ Relay Prelims
1600m
400m
100H Prelims
110H Prelims
100m Prelims
4x800m
200m Prelims

## SATURDAY

Coaches Meeting will be 8:30 EST Saturday.

## SATURDAY SCHEDULE OF FIELD EVENTS

Field Events will start at 9 am EST Friday morning. They will work on a rolling start format by event location. As one event at a location ends the next will be called.

| RUNWAY 1 | RUNWAY 2 | SHOT | DISCUS | JAV | HJ |
| :---: | :--- | :--- | :--- | :--- | :--- |
| 4A Boys Long Jump | 7A Girls Long Jump | 1A Girls | 7A Boys | 1A Boys |  |
| 1A Boys Long Jump | 4A Girls Triple Jump | 7A Girls | 4A Boys | 4A Girls |  |
| 4A Boys Triple Jump | 1A Girls Triple Jump |  |  |  |  |
|  |  |  |  |  |  |

## SATURDAY SCHEDULE OF RUNNING EVENTS

The order will be 1A Girls / Boys, 4A Girls / Boys, 7A Girls/Boys
Start time will be 9am EST. We will announce a final running start time after close of entries.

3200m
$4 \times 100$ Relay Finals
100H Finals
110H Finals
100m Finals
300H
200m Finals
800 m
$4 \times 400$ Relay

