



VESTAVIA HILLS

King of the Mountain

Varsity Track and Field Invitational



Saturday, March 14th, 2015

9:00 am

Boys Discus followed by Girls
Girls Shot Put followed by Boys
Boys Long Jump
Girls Long Jump
Boys High Jump
Girls Pole Vault
Girls Javelin (Lower Field)

12:30 Girls Triple Jump
Boys Triple Jump
Girls High Jump
Boys Pole Vault

Boys Javelin follows Girls Discus
(Lower Field)

** Depending on weather – event heats may go best to least

9:00

4 x 800 Meter Relay
4 x 100 Meter Relay
1600
100/110 Hurdles
400
100
800
300 Hurdles
200
3200
4 x 400

* All athletes will check in at the clerk on the FIELD

* All Heats will run Fast to Slow

**All races are finals. Winners determined by time.

**We will run heats of 16 in the 800, 24 in the 1600 & a maximum of 2 heats in each of the boys/girls 3200. We will try to run only one heat in the 4 x 800 (B & C teams may start 2 yards behind starting line to alleviate over-crowding).

Coaches: PLEASE be honest with your entry times. Don't embarrass your kids by putting in a time that they are not capable of running. Heats will be seeded according to times entered.

Starting heights and minimum measurements—all fouls will be estimated.

4 Throws or Finals (top 9 competitors will go to finals) will be announced at the coaches meeting. This decision will be dependent on entry numbers and weather conditions.

| | Boys | Girls |
|-------------|--------|-------|
| High Jump | 5'6" | 4'6" |
| Pole Vault | 10'0" | 8'0" |
| Long Jump | 18'0" | 14'0" |
| Triple Jump | 36'0" | 31'0" |
| Shot Put | 35'0" | 24'0" |
| Discus | 90'0" | 60'0" |
| Javelin | 100'0" | 65'0" |

Sanctioning:

All Alabama AHSAA member schools and member schools of their state assoc that are border states of Alabama. No clubs, homeschool, non-member teams or Unattached individuals.

Location: Vestavia Hills HS Track Stadium, 2235 Limerock rd, Vestavia Hills 35216

Additional Field Event Info:

The afternoon events will be scheduled for 12:30 and may run ahead or behind. Should the morning events last past 12:00 then the afternoon event will begin 30 minutes after the completion of the morning event. This will allow officials a break and adequate time for athlete warm-ups. **POLE VAULT:** Poles will be checked for labels and athletes weights will be verified by their coaches.

Entry Fee:

\$5 per athlete and \$5 per relay.
(\$250 maximum per boys or girls team--\$500 maximum per school)

Entry Deadline:

Wednesday, March 11th, 2015.

Entry guidelines:

All entries should be made on-line at **alabamarunners.com**. This site will guide you through the process. Entry fees should be mailed or brought to the meet. UNLIMITED RELAYS AND 6 entries in RUNNING EVENTS (DUE TO CONSTRUCTION) If you have more than 6 entries email Coach Huber to request more athletes. SCORING only one relay team and three individuals per school will count in the team scoring.

Entries for THROWING, POLE VAULT, AND JUMPING EVENTS WILL BE LIMITED TO 4 ATHLETES PER SCHOOL.

**Athletes are limited to competing in four events.

Awards:

Medals will be awarded to the top 3 in each running, field and relay event.

Medals can be picked up by the winners immediately after the final results have been announced/posted. (B-team relays cannot score but can earn medals.)

APPEALS: A protest fee of \$25 must be submitted for any appeal of a ruling. Referee judgement calls can not be protested.

HOSPITALITY ROOM: Coaches wearing wrist bands will be able to enter the Coaches hospitality room.

WARM UP AREA: Only runners that are checking in will be able to be on the competition field.

BUS PARKING AND DROP OFF:

Buses should plan on dropping teams off by the MAIN OFFICE and parking in The upper lots away from the track.

TEAM TENTS: SHOULD BE AWAY FROM ANY SAFETY FENCES ON THE TOP ROWS AND ABOVE THE BLUE SEATS ON THE HOME SIDE.

Gate entry fee:

\$5 per adult per day or two day pass \$8

Commemorative T-shirts and a full line of concessions available.

For additional information contact:

Coach Brett Huber
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