

2016 MLK Invitational

January 18th, 2016

Birmingham, AL CrossPlex

Mike Abercrombie—Meet Director

Facility & Admission	6 lane hydraulic banked track. Timing will be FAT. Admission will be free for students, \$4 for those 65 & over, \$8 for other adults. AHSAA coach's cards accepted. Coaches w/o cards-\$8.				
Equipment	Starting Blocks and shots will be provided—leave yours at home.				
Entries & Registration	6 athletes/individual event/school except pole vault can have unlimited entries. Unlimited relays. Only the top three individuals on a team in each event may score. Additionally, each school may only score one relay. A varsity athlete may enter up to 4 events including relays. Registration will be online at http://al.milesplit.com Go to the meet calendar and find this meet.				
Entry Fee	Entry will be \$10 per athlete and \$10 per relay team. There will be a maximum fee of \$250 per gender per team. (\$500/school) Checks (or a copy of the purchase order for the meet fee) should be brought to the meet. Without such, athletes from the non-paying school will not be able to participate. These fees must be paid before future entry into subsequent meets will be allowed. See contract information at registration site for explanation and greater detail. Checks should be made out to: Birmingham City Schools . If mailed, bring PO for verification: No "check is in the mail" explanations allowed on race day.				
Entry Deadline	Thursday, January 14th 2016, 6pm CST. No entries will be taken after that time! Performance lists will be posted on AlabamaRunners.				
Sanctioning	Application with National Federation for several states has been submitted. Alabama uniform rules will apply. Call/e-mail ASAP if you want your state sanctioned for this meet.				
Verification of Entry	A Printout of your entries will serve as your verification of entry into the meet.				
Clerking / Scratches	There will be no additions at the meet. All runners must check in 45 minutes before their race or be scratched. This will assure full heats. One-to-one substitutions will be allowed w/o name changes.				
Awards	Trophies will be awarded to the top two (2) teams in both 1A-5A and 6A-7A divisions. Medals will be awarded to the top 3 in each event in each 1A-5A and 6A-7A divisions.				
Rules	We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.				
Scoring	Individual: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1				
Field Events	Each jumper/thrower will have 3 attempts with no finals. In the shot put and horizontal jumps, the first mark will be measured, and then subsequent attempts must meet the standards below to also be measured. The meet director may change this at his discretion.				
Opening Heights and Minimum Marks	<u>Event</u>	<u>1A-5A Boys</u>	<u>1A-5A Girls</u>	<u>6A-7A Boys</u>	<u>6A-7A Girls</u>
	Long Jump	16'0"	13'0"	17'0"	14'0"
	Triple Jump	35'0"	27'0"	36'0"	29'0"
	High Jump	5'0"	4'0"	5'0"	4'2"
	PV(high pit)	10'0"	7'6"	10'6"	8'0"
	PV(low pit)	8'0"	6'0"	8'6"	6'6"
	Shot Put	30'0"	22'0"	36'0"	26'0"
Appeals	Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 minutes of infractions. If appeal is upheld, the money will be refunded. Appealable offenses are misapplications of NFHS rules. Judgment calls cannot be appealed.				
Contacts	Meet Dir.: Mike Abercrombie Abercrombiem@mtnbrook.k12.al.us				

THIS IS THE SCHEDULE

TRACK EVENTS (Girls compete first in all events)

7:30 3200 (track will not be banked for these races)

9:00 (rolling schedule)

60 hurdles prelims (top 16 go to finals)

60 dash prelims (top 16 go to finals)

60 hurdle finals

60 dash finals

4 x 800 (raise track for remainder of the meet)

400

1600

4 x 200

800

4 x 400 (Estimated time for the meet to end is 7:00 p.m.)

FIELD EVENTS (See opening heights and minimum marks in information guide)

9:30 Boys pole vault (high and low pits) (1A-5A first, then 6A-7A)

Girls shot put (6A-7A first, then 1A-5A)

10:30 Boys Long jump (Triple Jump to immediately follow) (1A-5A first, then 6A-7A)

Girls long jump (Triple Jump to immediately follow) (6A-7A first, then 1A-5A)

1:30 Girls pole vault (high and low pits) 6A-7A first, then 1A-5A

Boys shot put (6A-7A first, then 1A-5A)

2:00 Boys high jump (1A-5A first, then 6A-7A—estimated 3:30)

Girls high jump (6A-7A first, then 1A-5A—estimated 4:00)

Additional IMPORTANT information:

****Each in-state registering school should be prepared to provide one capable adult volunteer to work one field event for each meet that they participate in. We hope to not have to call upon you for this.**

****Coach's cards will be checked at the gate. Adults who do not have coach's cards will be charged a normal gate fee of \$8.**

**** $\frac{1}{4}$ inch pyramid spikes only—athletes must go through a spike check before competing. A set of $\frac{1}{4}$ " spikes will be available for purchase for \$5 per pair of shoes at the spike check-in area.**

****Only athletes/coaches are allowed in the warm-up area.**

****We will have 2 pole vault pits going at the same time with different starting heights. Only those competing in the high pit will be eligible to score and receive awards.**

****Concessions & T-shirts will be available for purchase.**

****A swimming meet may be taking place at the same time as our track meet. Plan to get here early so you don't get caught in traffic.**

****Parking is \$5 at The CrossPlex for this event. The City of B'ham collects this fee. Parking in the shopping center lot and walking to The CrossPlex will get your car towed.**

****This is a high school sanctioned event. Only member schools may participate. Track Clubs and unattached athletes are NOT allowed to participate.**

LOCATION: The CrossPlex is located in Birmingham, Alabama at 2331 Bessemer Road, 35208

Take I-20/59 to exit #120. Go south for 1 mile and The CrossPlex is on your left.