**2019 Last Chance Invitational  
January 25th & 26th, 2019  
Birmingham, AL CrossPlex**

**Co-hosted by B’ham City Schools, Bob Jones, Hoover, Mtn Brook, Northridge,**

**Smiths Station, Spain Park, Vestavia Hills, John Carroll**

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| **Facility & Admission** | 6 lane hydraulic banked track. Timing will be FAT. Admission will be free for students, $5 for those 65 & over, $10 for other adults. AHSAA coach’s cards accepted. Coaches w/o cards-$10. | | | | | | |
| **Equipment** | Starting Blocks and shots will be provided—leave yours at home. | | | | | | |
| **Entries & Registration** | There is a 3 person/team/event entry limit and 2 relay teams/event limit. 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 $300 per gender per team. ($600/school) Pentathlon entries are $25/athlete and do not count toward team total cost. Athletes may compete in pentathlon and open events. 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. Schools can mail checks to: **Alabama** **Indoor Track,** 2240 Partridge Lane, Hoover, AL 35226. If mailed, bring PO for verification: **No “check is in the mail” explanations allowed on race day.** | | | | | | |
| **Entry Deadline** | **Wednesday, January 23rd 2019, 11pm CST.** No entries will be taken after that time! Performance lists will be posted by January 26th on AlabamaRunners. | | | | | | |
| **Sanctioning** | The meet will be sanctioned by the AHSAA (Alabama), MHSAA (Mississippi) and GHSA (Georgia). Alabama uniform rules will apply. | | | | | | |
| **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 60 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. **Athletes will compete together in running events but be placed in separate divisions for awards.** | | | | | | |
| **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** | Event Long Jump Triple Jump High Jump PV(high pit)  PV(low pit) Shot Put | 1A-5A Boys 16’0” 35’0” 5’0” 10’0”  8’0” 30’0” | 1A-5A Girls 12’0” 27’0” 4’0” 7’6”  6’0” 22’0” | | 6A-7A Boys 17’0” 36’0” 5’0” 10’6”  8’6” 36’0” | 6A-7A Girls 14’0” 29’0” 4’2” 8’0”  6’6” 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 NFHSA rules. Judgment calls cannot be appealed. | | | | | | |
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| **Contacts** | Meet Director: Devon Hind | | | (Office)205-439-1379 (Cell)205-807-9144 Dhind@hoover.k12.al.us | | | |

**Schedule of Events**

**Friday—VARSITY ONLY** (1A-5A girls, 6A-7A girls, 1A-5A boys, 6A-7A boys)

11:00 Pentathlon begins with hurdles

Order of remaining events: GIRLS BOYS

High jump-both pits Shot put

Shot put Long Jump-both pits

Long jump-both pits High jump-both pits

800 1000

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

4:00 Girls Shot Put (6A-7A first, then 1A-5A)

4:00 Boys Long Jump (1A-5A on one pit and 6A-7A on other pit)

4:30 Girls Pole Vault (1A-5A first, then 6A-7A)

**TRACK EVENTS** (Girls compete first in all events)

4:00 3200 **Minimum standards—Girls 14:00 Boys 12:00**

**Athletes will be pulled from track if not under the minimum standard with a lap to go in 3200.**

60 hurdle finals—**will begin at conclusion of 3200**

60 dash finals

800 **(track will be raised after the 60 dash finals)**

**Saturday—VARSITY ONLY** (1A-5A girls, 6A-7A girls, 1A-5A boys, 6A-7A boys)

**TRACK EVENTS** (Girls compete first in all events)

8:00am 400

1600

4 x 200 relay

4 x 800 relay

4 x 400 relay

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

9:00 Boys high jump (1A-5A first, then 6A-7A—estimated 10:30)

Girls long jump (6A-7A at one pit, 1A-5A at other pit)

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

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

11:30 Boys triple jump (1A-5A on one pit and 6A-7A on other pit)

Noon Girls high jump (6A-7A first, then 1A-5A)

1:30 Girls triple jump (1A-5A on one pit and 6A-7A on other pit)

**SEE NEXT PAGE FOR ADDITIONAL INFORMATION**

**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 $10.

\*\*¼ inch pyramid spikes only—athletes must go through a spike check before competing. A set of ¼” 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.**