**2019 MLK Invitational  
Monday, January 21, 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. There will be a maximum fee of $300 per gender per team. ($600/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. Schools can make checks out to: **Alabama** **Indoor Track,** and mail them to: 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** | **Thursday, January 17th, 11 pm CST.** No entries will be taken after that time! Performance lists will be posted by January 14th 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 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 | Varsity Boys 16’0” 35’0” 4’10” 10’6”  8’6” 30’0” | Varsity Girls 12’0” 28’0” 3’10” 8’0”  6’0” 22’0” | |
| **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**

**Monday—HS ONLY**

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

8:00 **(rolling schedule)**

4 x 800

60 hurdle finals

60 dash finals

400

1600

4 x 200

800

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.**

4 x 400

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

9:00 Boys pole vault (high and low pits)

Girls shot put—**boys shot will follow after officials get lunch**

9:00 Girls Long jump—**both pits/Boys long jump to immediately follow—both pits**

11:00 **Estimated time for boys LJ to begin**

11:00 Girls high jump (high pit-4’6” and low pit-3’10”)

Noon Boys shot put—**estimated time to begin**

1:30 Girls pole vault (high and low pits)

1:30 Boys high jump (high pit-5’6” and low pit-4’10”)

2:00ish Triple Jump—**boys and girls on separate pits immediately following boys LJ**

**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 parking 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.**