

2012 JUNIOR HIGH/VARSITY EAST ALABAMA MEETS

Facility	8 lane track. Timing will be FAT. Smiths Station High School hosts the Section 2 / 5A and 6A AHSAA state qualifying meets. 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			
Entries	Limitations for entry are as follows:		1 relay per team	
	3 athletes per team per laned event		3 athletes per field event.	
	6 athletes per team per non-laned event		2 attempts in field events except vertical jumps.	
Entry Fee	There will be a \$50 entry fee per <u>school</u> . – This is to cover the cost of the entry system, meet and management materials, and facilities costs. All entries will be handled thru AlabamaRunners.com. No Hand entries will be accepted.			
Entry Deadline	<u>*****Entry deadlines for each meet is 5pm the Sunday before each meet. *****</u>			
Verification of Entry	A Printout of your entries will serve as your verification of entry in to the meet			
Substitutions	Can be made during the meet for <u>entered events</u> . The name will stay the same in the computer and they will keep the seeded time of the athlete they are being substituted for.			
Rules	We will use the National Federation rulebook for any rule disputes.			
Scoring	10-8-6-5-4-3-2-1			
Field Events	<ul style="list-style-type: none">• 1st legal attempt will be measured.• 2 attempts per person (except vertical jumps)• No Preliminary			
Appeals	Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 minutes of infractions. If appeal is upheld, then money will be refunded. Appealable offenses are misapplications of NFHSA rules. Judgment calls cannot be appealed.			
Events	We will be running limited events this year during the weekday meets.			
	MEET SETUP #1 (3/13 , 4/3)		MEET SETUP #2 (3/20 , 4/10)	
	100m Dash	LJ	4x800 Relay	D
	400m Run	HJ	200m Dash	TJ
	110H	Shotput	800m Run	PV
	3200m Run		300H	
	4x100		4x100	
	4x400 Relay		1600m Run	
Important	Maximum Spike Length: The maximum length of spikes is 1/4” unless spike slots are inside.			