

# 2013 Last Chance Invitational

January 25<sup>th</sup> & 26<sup>th</sup>, 2013

Birmingham, AL CrossPlex

Co-hosted by B'ham City Schools, Bob Jones, Hoover, Mtn Brook, Northridge,  
Smiths Station, Spain Park, Vestavia

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	There is no entry limit. However, 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 <a href="http://al.milesplit.com">http://al.milesplit.com</a> Go to the meet calendar and find this meet.		
Entry Fee	Entry will be \$10 per athlete. 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. Schools can mail checks to: <b>Alabama Indoor Track</b> , 3701 Spring Valley Road, Birmingham, AL 35223. If mailed, bring PO for verification: <b>No "check is in the mail" explanations allowed on race day.</b>		
Entry Deadline	<b>Wednesday, January 23<sup>rd</sup> 2013, 6pm CST.</b> No entries will be taken after that time! Performance lists will be posted by January 24 <sup>th</sup> on AlabamaRunners.com.		
Sanctioning	The meet will be sanctioned by the AHSAA & Mississippi. Alabama uniform rules will apply. No speedsuits without shorts will be allowed. ( <b>Non-bordering states</b> will not be allowed to compete at 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. <b>All runners must check in 30 minutes before their race or be scratched.</b> 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 boys and girls divisions. Medals will be awarded to the <u>top 3</u> in each event.		
Rules	We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.		
Scoring	<b>Individual:</b> 10-8-6-4-2-1 <b>Relays:</b> 10-8-6-4-2-1		
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>Varsity Boys</u>	<u>Varsity Girls</u>
	Long Jump	17'0"	14'0"
	Triple Jump	36'0"	29'0"
	High Jump	5'0"	4'2"
	PV(high pit)	10'6"	8'0"
	PV(low pit)	8'6"	6'6"
	Shot Put	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 Director:	Greg Echols <a href="mailto:echolsg@mtnbrook.k12.al.us">echolsg@mtnbrook.k12.al.us</a>	

## Schedule of Events

### TRACK EVENTS (Girls compete first in all events) (rolling schedule)

Heats will be run Fastest to Slowest.

<b>FRIDAY - 5:00pm CST</b> 3200 60 Hurdle Prelims @5:30 60 Dash Prelims @ conclusion of the 3200 60 Hurdle Finals 60 Dash Finals 800m Run @ conclusion of the dash finals	<b>SATURDAY – 8:00am CST</b> 4x800 Relay (bottom ½ seeded times) 400 1600 4x200 Relay 4x800 Relay (top ½ seeded times) 4x400 Relay
---	--

**FIELD EVENTS (See opening heights and minimum marks in information guide) Start Times may be adjusted due to entry numbers. An update may be given once entries are closed out.**

<b>FRIDAY – 5:00pm CST</b> 5:00 – Girls Shot Put 5:00 – Boys Long Jump (Both Pits) 6:00 – Girls Pole Vault (Both Pits)	<b>SATURDAY – 9:00am CST</b> 9:00 – Boys High Jump (Both Pits) 9:00 – Girls Long Jump (Both Pits) 10:00 – Boys Pole Vault (Both Pits) 10:00 – Boys Shot Put 12:00 – Boys Triple Jump (Both Pits) 12:00 – Girls High Jump (Both Pits) 2:00 – Girls Triple Jump (Both Pits)
---	--

### 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 \$7.
- 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 will 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 \$3 at The CrossPlex for this event. 1100 spaces available on site and 300 additional spaces are available across the street. CrossPlex parking in the shopping center lot 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**