

**Birmingham Middle School
Indoor Track Meet #3
January 24, 2013**

Schedule of Events

Running Events (Finals on time)

4:00(Rolling Schedule)

Girls then Boys in running events

1600

400

60m Hurdles

60m Dash

800

4x200

Field Events(3 attempts, no finals)

4:15 Start

Long Jump(Boys and girls) 2 pits

Pole Vault(Girls then boys) 1 pit

Shot put (Boys then girls) 1 sector

HJ- boys and girls(will start at conclusion of 60m dash)

Entry Guidelines

All entries will be on www.alabamarunners.com. Entry deadline is January 19th at midnight. Each athlete may enter **two events (including relays)**. Entries for relays and individual events are unlimited for each school. Only schools from states where INDOOR TRACK is a sanctioned season for middle schools will be allowed to enter. No track clubs will be permitted.

Entry Fee

Each school competing must provide a minimum of **four** volunteers to work the meet. If you plan on exercising this option please contact Coach Abercrombie prior to entering. Those teams not providing volunteers must pay an entry fee of \$300.00 per team. Please make checks payable to

Birmingham City Athletics

Attn: Larry Contri

PO Box 10007

Birmingham, AL. 35202

Facility Equipment Requirements

The following rules are in place for the Birmingham Crossplex

ONLY ¼ " PYRAMID SPIKES MAY BE USED!! (shoes will be checked and confiscated for improper spikes)

In the shot put, only hard shell plastic indoor shots will be permitted.

Parking and Entry

There will be a parking fee at the Crossplex this year. Admission prices for the meet will be \$7 for adults and \$3 for students.

Questions

If you have a question regarding this meet, please contact Mike Abercrombie at abercrombiem@mtnrook.k12.al.us