

SECTIONAL NOTES 2013

1. Please go to www.alabamarunners.com and review the **AHSAA spring book** pgs. 5-11 for more details.
2. Automatic Top 5 individuals and Top 5 relay teams qualify for state PLUS four statewide wildcards based on state minimums: PLEASE review minimums
3. **Running state qualification minimums:**

	300H		400M		800M		1600M		3200M		4x400		4x800	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
5A	55.0	48.0	65.0	54.0	2:45	2:15	6:30	5:00	13:30	12:00	5:00	4:00	12:00	9:35
6A	53.0	45.0	62.0	53.0	2:30	2:05	5:45	4:50	12:45	10:40	4:40	3:40	10:45	8:45

****These races will end at the minimum time standard. All runners not under the minimum will be pulled from the race for places 9 and up to keep on the time schedule.**

4. **Field state qualification minimums:**

	Pole Vault		High Jump		Javelin		Discus		Triple Jump		Long Jump		Shot Put	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
5A	7-6	11-0	4-4	5-6	75'	130'	70'	110'	29'	38'	14'	19'	27'	39'
6A	7-6	11-0	4-8	5-8	85'	130'	80'	120'	30'	40'	15'	20'	29'	40'

5. ALL pole vault athletes **MUST** be weighed in and on the proper pole to compete.
6. **ALL athletes must be in a school issued uniform for ALL events and no jewelry! Track uniforms cannot display other sports names- eg. Smiths Football. Result will be disqualification from the event- improper uniform.**
7. **All athletes and coaches MUST wear their wristbands for BOTH days to gain entry. Wristbands will NOT be reissued.**
8. There will be a \$25 protest fee that must be filed within 30 minutes of notification of the disqualification (appealable offenses are misapplications of NFHS/AHSAA rules).
9. **No athlete or coach will be allowed on the interior of the track once the meet starts. This is a restricted area.** The only athletes in the restricted area will be those participating in the field events at that time or being escorted to the line for a running event. One coach from each team will be allowed in LJ, TJ, HJ, and PV coaching boxes.
10. 4x100 relay judges: 5A for 6A- 6A for 5A 3 zones
11. Restrooms in softball complex
12. All warm-ups on trail or on infield area (when Javelin not in competition)
13. Check-in @ 60 minutes, 30 minutes, 20 minutes, CLOSED 15 minutes before: not checked in you will be scratched
14. 3 attempts in field events prelims: Top 9 advance to finals for 3 additional attempts; all attempts toward final results.
15. Any profanity used but not directed to an official during an event will lead to automatic disqualification of the athlete.
16. Any profanity directed at an official or helper will result in ejection from the meet and loss of points and awards of the athlete. .
17. **Only athletes and officials in an event are allowed on the infield.**
18. No one is allowed on the track during a running event. Your teammate currently competing may be disqualified.
19. **Jewelry rule:** 1 warning will be given as an entire TEAM warning, next violation of ANYONE on the team is a disqualification.
20. **** In case of inclement weather Saturday- the Schedule of Events WILL be on a ROLLING START.**