## State Meet

DATE: Feb. 1-2
SITE: Birmingham CrossPlex
MEET DIRECTOR: Houston Young, Gulf Shores
Phone: 334-413-4309 (cell)
Fax: 251-974-1094.
E-mail: Houston211@hotmail.com
MEET REFEREE: Bob Lambert, Track Coach Emeritus, Troy State University
ENTRIES: A school may enter two participants in each individual event but only one relay team. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.

ENTRY DEADLINE: Submit entries online at alabamarunners.com by midnight on Monday, Jan. 28, after which no entries will be accepted.

All substitutions, changes and scratches must be made by noon on Wednesday, Jan. 30, via email to Xpress Timing at xpress28@aol.com. No additions may be made.

The only changes and substitutions permitted at the meet will be those necessitated by verified sickness or injury and approved by the Jury of Appeals.

SEEDING: Based on times at regular season indoor performances at the CrossPlex.

DIVISIONS: 1A-4A, 5A and 6A for boys and girls
PROTEST FEE: \$25
ADMISSION: $\$ 10$ per day
(Note: Non-participating coaches must have a valid 2012-13 coaches' card for admission. Only athletes listed as competitors will be allowed to enter the facility with their team as meet athletes. All coaches are subject to having their coaching credentials checked at championship events.)

OFFICIALS: An AHSAA-registered official is assigned to each event.
SHOT PUT GUIDELINE: Heavier warm-up shot puts may not be brought into the arena.

AWARDS: (a) Trophies to the team winner and runner-up in each division
(b) Medals to the first three places in each event

## MEET SCHEDULE <br> Friday (Feb. 1)

## Track Events:

(Girls will run before boys in each event class except the hurdles)
12 Noon $\quad 3200 \mathrm{~m}$ Run Finals*
$1 \mathrm{~A}-4 \mathrm{~A}, 5 \mathrm{~A}, 6 \mathrm{~A}$
2:40 $\quad 60 \mathrm{~m}$ Hurdles Semi-Finals (all girls lows then boys highs) $1 \mathrm{~A}-4 \mathrm{~A}, 5 \mathrm{~A}, 6 \mathrm{~A}$
3:40 pm $\quad 60 \mathrm{~m}$ Dash Semi-Finals* 1A-4A, 5A, 6A
4:45 pm 800m Run Finals
6:00 pm $\quad 800 \mathrm{~m}$ Relay Finals
Field Events:

|  | Long Jump | $\frac{\text { Shot Put }}{}$ | Pole Vault | Triple Jump |
| :--- | :--- | :--- | :--- | :--- |
| $\frac{11: 30 \mathrm{am}}{}$ | 6A Boys | 5A Girls | 6A Girls | 1A-4A Boys |
| $11: 30 \mathrm{am}$ |  | 6A Boys | 5A Boys | 5A Girls |
| $2: 00 \mathrm{pm}$ |  | 1A-4A Boys |  |  |
| $2: 00 \mathrm{pm}$ |  |  | 6A Boys Girls |  |
| $2: 30 \mathrm{pm}$ | 5A Boys |  | 1A-4A Girls |  |
| $4: 00 \mathrm{pm}$ |  |  | 6A Girls |  |
| $4: 00 \mathrm{pm}$ |  |  |  |  |
| $4: 45 \mathrm{pm}$ | 1A-4A Girls | 5A Boys |  |  |
| Saturday (Feb. 2) |  |  |  |  |

## Track Events:

(Girls will run before boys in each class except the hurdles)

| 9:00 am | 400 m Dash Finals | 1A-4A, 5A, 6A |
| :--- | :--- | :--- |
| 11:00 am | 1600 m Run Finals* | $1 \mathrm{~A}-4 \mathrm{~A}, 5 \mathrm{~A}, 6 \mathrm{~A}$ |
| 1:00 pm | 60 m Hurdles Finals (all girls lows then boys highs) | $1 \mathrm{~A}-4 \mathrm{~A}, 5 \mathrm{~A}, 6 \mathrm{~A}$ |
| 1:15 pm | 60 m Dash Finals* |  |
| 1:45 pm | 3200 m Relay Finals | $1 \mathrm{~A}-4 \mathrm{~A}, 5 \mathrm{~A}, 6 \mathrm{~A}$ |
| $4: 15 \mathrm{pm}$ | 1600 m Relay Finals | $1 \mathrm{~A}-4 \mathrm{~A}, 5 \mathrm{~A}, 6 \mathrm{~A}$ |
|  |  |  |

Field Events:

|  | Long Jump | High Jump | Shot Put | Triple Jump |
| :--- | :--- | :--- | :--- | :--- |
| $\frac{9: 00 \mathrm{am}}{}$ | 6A Girls | 6A Boys | 1A-4A Boys | 5A Girls |
| $9: 00 \mathrm{am}$ |  | 1A-4A Girls |  |  |
| $11: 30 \mathrm{am}$ |  |  | 6A Girls | 6A Boys |
| $1: 00 \mathrm{pm}$ | 1A-4A Boys |  |  |  |
| $2: 00 \mathrm{pm}$ |  | 5A Boys | 1A-4A Girls |  |
| $2: 00 \mathrm{pm}$ |  | 5A Girls |  | 5A Boys |
| $2: 30 \mathrm{pm}$ |  |  |  |  |
| $4: 00 \mathrm{pm}$ |  | 1A-4A Boys |  |  |
| $4: 00 \mathrm{pm}$ | 5A Girls | 6A Girls |  |  |

*After these running events, the track goes up or down before the next races (process takes approximately 15 minutes).

Note: The schedule above is tentative and subject to adjustment depending on the number of entries.

