

GOLD STANDARD MEET 2015

- This meet is open to any middle school athlete with graduation date **2019-2020**
- The athlete must have a mark that meets the standard run this season in Varsity or Middle school meets at the Crossplex. **NO UNCERTIFIED TIMES WILL BE ACCEPTED.**

Facility & Admission 6 lane hydraulic banked track. Timing will be FAT. There will be a parking and a gate charge for all people entering the CrossPlex without an AHSAA coaches card. That charge amount is not known at this time. All parking and gate charges are arranged and handled by the Birmingham City Schools Athletic Department

Equipment Starting Blocks and shots will be provided—leave yours at home.

Entry Fee Entry fee \$5 per athlete payable to **MOUNTAIN BROOK JR. HIGH SCHOOL**. Each school should bring 2 volunteers to work an assigned event.

Entry Deadline **Tuesday January 26, 2014 at MIDNIGHT CST.** No entries will be taken after that time! Performance lists will be posted ASAP on AlabamaRunners.

- Entries & Registration**
- There is no entry limit.
 - **A middle school athlete may enter up to 3 events including relays.**
 - Registration will be online at <http://al.milesplit.com> Go to the meet calendar and find this meet.
 - **The athlete must have a mark that meets the standard run this season in Varsity or Middle school meets at the Crossplex. NO UNCERTIFIED TIMES WILL BE ACCEPTED.**
 - 4x200 will accept AUTO SEEDED and NO TIME- Each School gets 1 RELAY.
 - Unlimited athletes per team per event
 - Unlimited scorers per event
 - Scoring 10-8-6-5-4-3-2-1

Rules We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.

Field Events Each jumper/thrower will have 3 attempts with no finals.

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: Mike Abercrombie (Cell)205-253-8725
abercrombiem@mtnbrook.k12.al.us

Schedule of Events

TRACK EVENTS (Girls compete first in all events)

5:30pm

1600
400
60H
60
800
4x200

FIELD EVENTS

5:30pm

Long Jump (Boys and Girls)
Pole Vault (Boys then Girls)
Shot Put (Girls then Boys)
High Jump (Girls and Boys @7:00pm)