

Middle School Meet #3

January 20, 2015

Birmingham, AL CrossPlex

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.
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. <u>A middle school athlete may enter up to 2 events including relays.</u> Registration will be online at http://al.milesplit.com Go to the meet calendar and find this meet.
Entry Fee	<p>Entry will be \$10 per athlete. There will be a maximum fee of \$300 per team. (\$300/school). School may provide 4 adult volunteers to work the meet in lieu of the entry fee.</p> <p>(These adults must pay for their own admission to the Crossplex. They are working to waive the entry fee not their own admission fee.)</p> <p>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: Birmingham City Schools. If mailed, bring PO for verification: No “check is in the mail” explanations allowed on race day.</p>
Entry Deadline	SUNDAY January 18, 2015 at NOON CST. No entries will be taken after that time! Performance lists will be posted ASAP on AlabamaRunners.
Sanctioning	The meet will be sanctioned by the AHSAA & Mississippi. Alabama uniform rules will apply. No speedsuits without shorts will be allowed. (Non-bordering states 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. All runners must check in 30 minutes before their race or be scratched. This will assure full heats. One-to-one substitutions will be allowed w/o name changes.
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)

4:00pm

1600
400
60H
60
800
4x200

FIELD EVENTS

4:00pm

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

Additional IMPORTANT information:

****Each in-state registering school should be prepared to provide 4 capable adult volunteer to work one field event for each meet that they participate in.**

**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 \$8.

**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.

**Concessions will be available for purchase.

**A swimming meet may 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. The City of B'ham collects this fee. Parking in the shopping center lot and walking to The CrossPlex 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

Take I-20/59 to exit #120. Go south for 1 mile and The CrossPlex is on your left.