

MLK Indoor Track Classic

January 19, 2015
Birmingham Crossplex
Birmingham Alabama

Facilities and Admission:	6 lane hydraulic banked track. Timing will be FAT. Admission will be \$8 adults, \$4 seniors 65+, AHSAA coaches cards accepted. Coaches without cards \$8
Equipment:	Starting blocks will be provided
Entries and Registration:	There is no entry limit; however on the top three individuals on a team in each event may score. Additionally, each school may only score one relay. A varsity athlete may enter up to 4 events including relays.
Entry Fee:	Checks made payable to: Birmingham City Schools Athletics \$10 per athlete/ \$500 school maximum
Entry Deadline:	Saturday, January 15 by Midnight CST. No entries will be taken after the deadline. Performance lists will be posted by January 17 th on AlabamaRunners.
Sanctioning:	The meet will be sanctioned by the National Federation (NFHS) and open to all high school teams from GA, MS, and LA.
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. To assure full heats, all runners must check in 30 minutes before their race or be scratched. One to one substitutions will be allowed without name changes. Field events will check in when the flight is called. Flights will be posted. Heats and flights will go fastest/ best to slowest.
Awards:	Trophies will be awarded to the top three (3) teams in both boys and girls divisions. Medals will be awarded to the Top 3 in each event.
Rules:	We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.
Scoring:	Individuals: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1
Field Events:	Each jumper/thrower will have 3 attempts with no finals. In the shot put and horizontal jumps, the first mark will be measured, and then

subsequent attempts must meet the standards below to also be measured. The meet director may change this at his/her discretion.

**Opening Heights and
Minimum Marks:**

Event:	Varsity Boys	Varsity Girls
Long jump	17'0"	14'0"
Triple jump	36'0"	29'0"
High jump	5'0"	4'2"
PV (high pit)	10'6"	8'0"
PV (low pit)	8'6"	6'6"
Shot put	36'0"	26'0"

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 NFHSA rules. Judgment calls cannot be appealed.

Contacts:

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