

Alabama Middle School Gold Standard Championship
Thursday, Jan. 25 5PM Birmingham CrossPlex

Facility and Admission	6 lane hydraulic banked track. Timing is FAT by XPRESS Timing. There will be a parking and gate charge for all people entering the CrossPlex without an AHSAA coaches card. That charge amount is determined by the CrossPlex and the Birmingham City Schools Athletics Department.						
Equipment	Starting blocks and shots will be provided. Please leave yours at home. You must provide your own batons for the relays and poles for pole vault.						
Entries and Registration	<p>This meet is for 7th & 8th Grade athletes only. You must enter their "Class Of" year in AL Runners. All entries must have a certified time. We will not accept "No Time" and we will not allow you to enter a time by hand. The only exception is the 4x200 relay - everyone is allowed a relay team. Athletes may compete in up to 3 events that they have qualified in including the relay. <i>Correct example 60 dash, long jump, and relay. Incorrect example 60 dash, long jump, 400 and relay.</i> Deadline to register is TUESDAY, JAN. 23 @ 8PM. No late entries will be accepted.</p> <p>If you know that an athlete qualified but the result is not automatically popping in when you enter them please contact Tim Loreman trlorem@gmail.com as soon as possible.</p>						
Entry Fee	Entry fee is \$5 per Athlete and \$5 per Relay Team . Make checks payable to Pizitz Middle School .						
Entry Deadline	TUESDAY, JAN. 23 @ 8PM. No late entries will be accepted.						
Sanctioning	The meet is sanctioned by AHSAA. Alabama rules apply. Schools/teams must be member schools of their governing state's athletic association in order to participate. No club teams are allowed to participate. Unattached runners are not allowed to participate. Only athletes who have QUALIFIED during the Indoor regular season may compete.						
Verification of Entry	Bring a printout of your entries to the meet. This will serve as your entry verification.						
Clerking/Scratches	There are no additions and substitutions at the meet. All runners must check in at the clerk when called. After the final call, athletes will be scratched. All field events will check in at that field event.						
Rules	We will use NFHSA and AHSAA rules.						
Field Events	<p>We will run traditional flights. In Long Jump and Shot Put, it runs from worst mark to best mark.</p> <table><tr><td>Pole Vault opening heights:</td><td>Girls – 6'</td><td>Boys – 6'</td></tr><tr><td>High Jump opening heights:</td><td>Girls – 4'</td><td>Boys – 4'6"</td></tr></table>	Pole Vault opening heights:	Girls – 6'	Boys – 6'	High Jump opening heights:	Girls – 4'	Boys – 4'6"
Pole Vault opening heights:	Girls – 6'	Boys – 6'					
High Jump opening heights:	Girls – 4'	Boys – 4'6"					
Appeals	Any appeal must be given to the meet referee in writing, accompanied with a \$25.00 fee within 30 minutes of the infraction. If the appeal is upheld, the money will be refunded. Appealable offenses are misapplication of ASHAA and NFHSA rules. Judgment calls cannot be appealed.						
Location	<p>Birmingham CrossPlex. 2331 Bessemer Road Birmingham, AL 35208</p> <p>Take I-20/59 to exit #120. Go south for 1 mile. The CrossPlex is on your left.</p>						
Contact	<p>Meet Directors:</p> <p>Amelia Breeze BREEZEA@mtnbrook.k12.al.us</p> <p>Jason Williams williamsjm@vestavia.k12.al.us</p>						

Schedule of Events:

TRACK EVENTS (Girls compete first in all events)

5:00PM

1600

**30-minute break*

400

60M Hurdles

60M Dash

800

4x200M Relay

**We will take a 30-minute break at the conclusion of the boys 1600M. This is to provide proper recovery time for distance athletes.*

We will still run the field events during this break.

The 400M dash will begin 30 minutes after the conclusion of the boys 1600M run.

We will run the remainder of the running events on a Rolling Schedule.

We will run slowest to fastest heats.

FIELD EVENTS

5PM

High Jump Opening Heights – Girls 4'0" Boys 4'6"

Pole Vault Opening Heights – Girls 6' Boys 6'

****Long Jump**

****Boys Shot Put**

****Girls Shot Put at the conclusion of the Boys Shot Put**

****We will run traditional flights for the Long Jump and Shot Put. Athletes will compete from worst mark to best mark.***

Additional Information:

1. Your entry fees pay for the awards. This does not replace your work assignment OR \$300 CrossPlex fee (whichever you choose).
2. Each team should be prepared to provide **2-4 capable adult volunteers** to work one field event for the duration of that field event. You can waive this work assignment by paying \$300. Make checks payable to Birmingham City Schools and bring to the meet. This \$300 is in addition to the entry fee. Workers are required to report to their assigned station by 4:45 in preparation for the 5PM start time.
3. Coaches cards will be checked at the gate. Adults who do not have a valid coaches card will be charged the gate fee, even volunteer workers.
4. **¼ " Pyramid Spikes only**. No other spikes are allowed. Athletes must have their spikes checked before competing. Spikes that do not meet regulation will not be permitted in competition.
5. Gate fee is **\$5** per person, even volunteer workers.
6. Parking is **\$5**. The City of Birmingham collects this money. Parking in the shopping center across the street is not allowed – violators will be towed. Even volunteer workers must pay for parking.
7. Concessions will be available. Prices vary. No outside food/drinks are permitted in the CrossPlex.
8. A swimming meet may take place at the same time as the Track & Field meet. Plan accordingly.
9. This is an AHSAA sanctioned event. Only member schools may participate. Track Clubs, unattached athletes, and non-member schools are not eligible to compete.
10. This is a **MIDDLE SCHOOL** only meet. **Only 7th & 8th Graders are eligible** to compete. All other athletes will not be allowed to compete. You must enter their "Class Of" year in AL Runners.
11. The Track will open for warm-ups at 4:00.
12. There will be a coaches meeting at 4:30 @ the 60M dash finish line.