VESTAVIA HILLS
King of the Mountain
Varsity Track and Field Invitational

Saturday, March 12th, 2016

9:00 am	Boys Discus followed by Girls	12:30	Girls Triple Jump
	Girls Shot Put followed by Boys		Boys Triple Jump
	Boys Long Jump		Girls High Jump
	Girls Long Jump		Boys Pole Vault
	Boys High Jump		
	Girls Pole Vault		
	Girls Javelin (Lower Field)		Boys Javelin follows Girls Discus (Lower Field)

** Depending on weather – event heats may go best to least

9:00   4 x 800 Meter Relay
        4 x 100 Meter Relay
        1600
        100/110 Hurdles
        400
        100   * All athletes will check in at the clerk on the FIELD
        800
        300 Hurdles   * All Heats will run Fast to Slow
        200
        3200
        4 x 400

**All races are finals. Winners determined by time.
**We will run heats of 16 in the 800, 24 in the 1600 & a maximum of 2 heats in each of the boys/girls 3200. We will try to run only one heat in the 4 x 800 (B & C teams may start 2 yards behind starting line to alleviate over-crowding).

Coaches: PLEASE be honest with your entry times. Don't embarrass your kids by putting in a time that they are not capable of running. Heats will be seeded according to times entered.

Starting heights and minimum measurements—all fouls will be estimated.
4 Throws or Finals (top 9 competitors will go to finals) will be announced at the coaches meeting. This decision will be dependent on entry numbers and weather conditions.

	Boys	Girls
High Jump	5'6"	4'6"
Pole Vault	10'0"	8'0"
Long Jump	18'0"	14'0"
Triple Jump	36'0"	31'0"
Shot Put	35'0"	24'0"
Discus	90'0"	60'0"
Javelin	100'0"	65'0"

Sanctioning:
All Alabama AHSAA member schools and member schools of their state assoc that are border states of Alabama. No clubs, homeschool, non-member teams or Unattached individuals.

Location: Vestavia Hills HS Track Stadium, 2235 Limerock rd, Vestavia Hills 35216

Additional Field Event Info:
The afternoon events will be scheduled for 12:30 may run ahead or behind. Should the morning events last past 12:00 then the afternoon event will begin 30 minutes after the completion of the morning event. This will allow officials a break and adequate time for athlete warm-ups.
POLE VAULT: Poles will be checked for labels and athletes weights will be verified by their coaches.

Entry Fee:
$150 per Team (Boys or Girls) $300 per school with both teams.

Entry Deadline:
Wednesday, March 9th, 2016.

Entry guidelines:
All entries should be made on-line at **alabamarunners.com**. This site will guide you through the process. Entry fees should be mailed or brought to the meet.
SCORING only one relay team and three individuals per school will count in the team scoring.
3 Entries per school for SHOT PUT, DISCUS, JAVELIN
4 Entries per school for POLE VAULT, LONG JUMP, TRIPLE JUMP, HIGH JUMP
6 Entries per school for RUNNING EVENTS AND RELAYS

**Athletes are limited to competing in four events.

Awards:
Medals will be awarded to the top 3 in each running, field and relay event.

Medals can be picked up by the winners immediately after the final results have been announced/posted. (B-team relays cannot score but can earn medals.)

APPEALS: A protest fee of $25 must be submitted for any appeal of a ruling.
Referee judgement calls can not be protested.

HOSPITALITY ROOM: Coaches wearing wrist bands will be able to enter the
Coaches hospitality room.

WARM UP AREA: Only runners that are checking in will be able to be on the competition field.

BUS PARKING AND DROP OFF: ** Change this year
Buses should plan on dropping teams off by the football stadium pass gate and will be able to parking in the adjacent parking lot.

COACHES PARKING: Each school will be given two coaches paring passes for the stadium parking area; this area will be dedicated to Team buses and Coaches parking.

TEAM TENTS: SHOULD BE AWAY FROM ANY SAFETY FENCES ON THE TOP ROWS AND ABOVE THE BLUE SEATS ON THE HOME SIDE.

Gate entry fee:
$5 per adult per day or two day pass $8

Commemorative T-shirts and a full line of concessions available.

For additional information contact:

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