

FRIDAY NIGHT LIGHTS

FRIDAY, MARCH 21ST

MEET INFORMATION



FACILITY	The meet will be held at Blount High School, located at 5450 Lott Rd. in Eight Mile, AL. The facility consists of a six-lane (eight on the home straight away) polyurethane track. There are very clean restroom facilities, and there will be a concession stand. All tents must be set up on the top rows of the stadium or in the designated areas outside of the track fencing.
ADMISSION	Admission will be \$5 for ages 10 & up.
WARM-UP AREA	Athletes will be allowed to warm-up on the track prior to the first running event. The baseball field located across from the track may be used once the running events begin.
ENTRIES & SCORING	The top EIGHT places will be scored, 10-8-6-5-4-3-2-1. Two relay teams may be entered; however, only the top relay team per event per school will be scored. In the open races (100m & 1600m), up to two (2) athletes per school may be entered. According to Alabama High School Athletic Association rules, varsity athletes are limited to four events. All entries will be done through http://al.milesplit.us . The website will guide you through the entry process. Go to the calendar section to find the meet.
ENTRY DEADLINE	The entry deadline is Tuesday, March 18 th . Entries will be opened on February 24 st . Entries must be completed at http://al.milesplit.us . There will be no additions or scratches after the deadline. Substitutions can only be made during the coaches meeting for entered athletes. The names and seed times entered will remain the same in the computer.
ENTRY FEE	The entry fee is \$50 per gender team. If a team is registering only individuals for the open events (no relays), the fee is \$15 per individual. Checks should be made payable to Blount High School and should be brought to the meet. Do NOT mail check to the school. Athletes will not be allowed to participate unless payment has been received. Packets will be given once payments have been received.
TIMING	Fully automatic timing (FAT) will be available.
AWARDS	Trophies will be given to the first and second place girls' and boys' teams.
RULES	All AHSAA member schools are invited. AHSAA rules and sanctions will be strictly enforced. A mandatory coaches meeting will be held at 4:30 p.m. The maximum length of pyramid spikes is $\frac{1}{4}$ inch; any athlete found in violation of this rule will be disqualified from the event. All running events will be finals on time.
EQUIPMENT	Starting blocks will be provided.
APPEALS	Any appealable offense of a misapplication of an AHSAA rule must be given to the Meet Director in writing accompanied with \$25.00 within 30 minutes of the infraction. If the appeal is upheld, the appeal fee will be refunded.
HOSPITALITY	Complimentary lunch will be provided for coaches as well as officials.
CONTACTS	Meet Director & Head Boys Coach Melvin Jones Email: mjsolutions2008@yahoo.com Cell: 251-300-7615 Head Girls Coach Mashuanda Dixon Email: mdixon@mcps.com Cell: 251-288-7729

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Rolling schedule with a 5:00 p.m. start time (girls followed by boys)

Distance Medley (800m-400m-1200m-1600m)

4x200

1600m OPEN

4x100

4x800m

Sprint Medley (200m-200m-400m-800m)

100m OPEN

4x400m

*****NO FIELD EVENTS, NO HURDLES!!!*****