

# WEDNESDAY NIGHT LIGHTS

WEDNESDAY, APRIL 6<sup>TH</sup>

## MEET INFORMATION



<b>FACILITY</b>	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.														
<b>ADMISSION</b>	Admission will be \$5 for ages 10 & up.														
<b>WARM-UP AREA</b>	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.														
<b>ENTRIES &amp; SCORING</b>	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 (100 & 1600), 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 <a href="http://al.milesplit.us">http://al.milesplit.us</a> . The website will guide you through the entry process. Go to the calendar section to find the meet.														
<b>ENTRY DEADLINE</b>	The entry deadline is Monday, April 4 <sup>th</sup> . Entries must be completed at <a href="http://al.milesplit.us">http://al.milesplit.us</a> . There will be no additions or scratches after the deadline. Substitutions for open events can only be made during the coaches meeting for <b>entered</b> athletes. The names and seed times entered will remain the same in the computer.														
<b>ENTRY FEE</b>	The entry fee is \$65 per gender team. If a team is registering only individuals for the open events (no relays), the fee is \$20 per individual. <b>Checks should be made payable to Blount High School and should be brought to the meet.</b> 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.														
<b>TIMING</b>	Fully automatic timing (FAT) will be available.														
<b>AWARDS</b>	Trophies will be given to the first and second place girls' and boys' teams.														
<b>RULES</b>	All AHSAA member schools are invited. AHSAA rules and sanctions will be strictly enforced. A mandatory coaches meeting will be held at 3:30 p.m. The maximum length of <b>pyramid</b> spikes is ¼ inch; any athlete found in violation of this rule will be disqualified from the event. All running events will be finals on time.														
<b>EQUIPMENT</b>	Starting blocks will be provided.														
<b>APPEALS</b>	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.														
<b>HOSPITALITY</b>	Complimentary meal will be provided for coaches as well as officials.														
<b>CONTACTS</b>	<table><tr><td>Meet Director &amp; Head Boys Coach</td><td></td><td></td></tr><tr><td>Melvin Jones</td><td>Email: <a href="mailto:mjsolutions2008@yahoo.com">mjsolutions2008@yahoo.com</a></td><td>Cell: 251-300-7615</td></tr><tr><td>Head Girls Coach</td><td></td><td></td></tr><tr><td>Mashuanda Dixon</td><td>Email: <a href="mailto:mdixon@mcpss.com">mdixon@mcpss.com</a></td><td>Cell: 251-288-7729</td></tr></table>			Meet Director & Head Boys Coach			Melvin Jones	Email: <a href="mailto:mjsolutions2008@yahoo.com">mjsolutions2008@yahoo.com</a>	Cell: 251-300-7615	Head Girls Coach			Mashuanda Dixon	Email: <a href="mailto:mdixon@mcpss.com">mdixon@mcpss.com</a>	Cell: 251-288-7729
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Blount High School

Rolling schedule with a 4:30 p.m. start time (girls followed by boys)

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

4x100

4x800

4x200

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

800

100

Thrower's 4x100

4x400