



JANUARY 20, 2014

BIRMINGHAM CROSSPLEX

BIRMINGHAM, ALABAMA

co-hosted by the Birmingham City Schools

Facility & Admission	6 lane hydraulic banked track. Timing will be FAT. Admission will be \$4 for students, \$8 adults, \$4 seniors 65+. AHSAA coaches cards accepted. Coaches without cards \$8.		
Equipment	Starting blocks will be provided.		
Entries & Registration	There is no entry limit; however, only 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. Registration will be online at http://al.milesplit.com - Go to the Meet Calendar and find this meet.		
Entry Fee	Entry will be \$10 per athlete. There will be a maximum of \$250 per gender per team (\$500/school). Checks should be brought to the meet. Without such, athletes from the non-paying school will not be able to participate. Schools can mail checks to: Southern Sports Group, Attn: MLK Track, 459 Main Street, Ste. 101, Trussville, AL 35173		
Entry Deadline	SATURDAY, JANUARY 18th by Midnight CST. No entries will be taken after the deadline. Performance lists will be posted by January 21st on AlabamaRunners.		
Sanctioning	The meet will be sanctioned by the National Federation (NFHS) and open to all high school teams across the country.		
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.		
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	Individual: 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 & 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	Southern Sports Group info@southernsportsgroup.com		



SCHEDULE OF EVENTS

7.30am	Ticket Office Opens
8.00am	Arena Open
8.50am	Opening Ceremonies
9.00am	ROLLING SCHEDULE <i>(Girls compete first in all events)</i> <ul style="list-style-type: none"> • 60 hurdles prelims <i>(track is not raised)</i> • 60 dash prelims • 60 hurdle finals • 60 dash finals • 4x800 <i>(raise track for remainder of meet)</i> • 400 • 1600 • 4x200 • 800 • 3200 • 4x400
9.30am	FIELD EVENTS Boys' Pole Vault <i>(high and low pits)</i> Girls' Shot Put
10.30am	Boys' Long Jump - Triple Jump to immediately follow Girls' Long Jump - Triple Jump to immediately follow
1.30pm	Girls' Pole Vault <i>(high and low pits)</i> Boys' Shot Put
2.00pm	Boys' High Jump Girls' High Jump
7.00pm	estimated time for meet to end