

TRACK & FIELD





Track Coaches' Committee

(Listed by Districts)

(1)	Pat Galle	UMS Wright	pgalle@ums-wright.org
Bi-District	Melvin Jones	Blount	mjones7@mcpss.com
(2)	Chris Cooper	Dothan	chcooper@dothan.k12.al.us
(3)	Michael Floyd	Montgomery Acad.	michael_floyd@montgomeryacademy.org
Bi-District	Marilyn Miller	Marengo	mmiller@marengo.k12.al.us
(4)	Dan Norton	Auburn	dnorton@auburnschools.org
(5)	Michael McGovern	Mt. Brook	mcgovernm@mtbrook.k12.al.us
Bi-District	Gary Ferguson	Shades Valley	gferguson@jefcoed.com
(6)	Marcus Herbert	Weaver	mherbert.wh@ccbcoe.us
(7)	Steve Reaves	Winfield	sreaves@winfield.k12.al.us
Bi-District	LaCharren Rutland	Deshler	
(8)	Jace Wilemon	Falkville	jtylemon@morgank12.org

The Championship Program

First Practice—Feb. 8 First Contest—Feb. 28

Online Requirements For All Sports

POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school.

Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

April 1 — fall sports (football only)

June 2 — fall sports (cross country, swimming & diving, volleyball,)

Sept. 16 — winter sports (basketball, bowling, indoor track, wrestling)

Jan. 15 — spring sports (baseball, golf, outdoor track, soccer, softball, tennis)

POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

1. The track & field program provides competition for boys and girls in each of six divisions: 1A, 2A, 3A, 4A, 5A, 6A and 7A. A student may compete in only one division during the same meet.
2. Each high school is permitted to participate in 10 meets prior to the section and state meets. Each junior high or middle school is permitted to participate in 8 meets other than a county, city or school system meet.
3. A school must compete in at least two meets prior to the section meets.
4. All participants must be eligible under AHSAA rules. Any complaint regarding the eligibility of any student must be made to the State Office.
5. All meets will be conducted under National High School Federation rules.
6. Rules clinics are mandatory for head track coaches.
7. No artificial noisemakers (radios, etc.) and laser pen lights or pointers are allowed in section, state and AHSAA-sanctioned meets. Anything that interferes with the progress of the meet may be restricted.
8. A certified coach of the school must accompany athlete(s) to every event.

ADAPTIVE SPORTS:

(Wheelchair and Para-Ambulatory)

Definition:

Wheelchair and Para-ambulatory track and field competition is open to male and female athletes with physical disabilities such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

General Eligibility:

An ambulatory Para-athlete must have a permanent orthopedic, neuromuscular, visual, or

other physical disability. Permanent orthopedic impairment and/or visual impairment shall be verified by a licensed physician and maintained on permanent file at the school and must be sent to the AHSAA prior to their first competition. Additionally, similar requirements exist for wheelchair Para-athletes. Blind student-athletes (B1, B2, B3) will only qualify for para-ambulatory and each school may only have 3 athletes per event. Blind students must compete as a tethered athlete and will require two lanes.

All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team.

Students who participate must meet all AHSAA eligibility requirements. Students shall be members of the school's track and field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).

Each school must complete and submit a Para-Ambulatory Track and Field Athlete Declaration form.

Para-ambulatory and wheelchair athletes should be identified and listed in C2C prior to the first meet.

Each para-ambulatory or wheelchair athlete must be listed in C2C as an adaptive sport athlete.

Divisions:

Two divisions: Male and Female

Events:

Para-ambulatory Wheelchair:

Track: 100, 200, 400

Field: Shot, Discus, Javelin

No preliminary rounds.

Athletes qualify for state by competing in sectionals and must meet standards (see below). Maximum number to qualify per class (division) shall not exceed the number of qualifiers allowed for able-bodied athletes (9).

Number of events allowed: same as able-bodied (4).

Wheelchair and para-ambulatory athletes do not compete against able-bodied athletes, but rather compete against time standards for their division as set by:

Track & Field (Athletics)- <https://adaptivesportsusa.org/athletics/>

Adaptive Sports USA- <https://adaptivesportsusa.org/contact-2/>

Wheelchair and Para-Ambulatory Division Qualification Standards

Participants must meet the following standard for each event in order to submit an entry for the section meet and must meet the standard again at the section meet to qualify for state. School personnel will be required to submit an official meet results document to verify the performance.

Wheelchair Division Qualification Standards		
Event	Boys	Girls
100	:40	:45
200	1:20	1:30
400	2:00	2:30
Shot Put	2.8M -4K	2.2M -6lbs
Discus	12m-1K	6m-1K
Javelin	600g	600g
Para-Ambulatory Division Qualification Standards		
Event	Boys	Girls
100	:25	:30
200	:50	:40
400	1:50	1:55
Shot Put	4M- 4K	4.4M-6lbs
Discus	19m-1.5k	10m-1K
Javelin	800g	600g

Points:

Points are awarded if standards are met. Points may be counted with team toward total points. Points awarded are based on the number of wheelchair or para-ambulatory athletes that meet standards:

- 1 athlete= 1 point
- 2 athletes = 2 points for 1st
1 point for 2nd
- 3 athletes = 3 points for 1st
2 points for 2nd
1 point for 3rd

This policy will need to be evaluated annually as the number of para-ambulatory athletes' increases.

100m, 200m, 400m WHEELCHAIR EQUIPMENT AND RACING STANDARDS:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

www.eaglesportchairs.com

- Manual wheelchairs only for track events, which may be specialized racing chair or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter).
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard, protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required, however, protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limb(s) must be secured to the track chair. Any touch of the ground by a lower limb, results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event, however no event will be delayed or rescheduled if such an incident occurs.

FIELD EQUIPMENT AND SEATED THROWING STANDARDS FOR WHEELCHAIR DIVISION:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

www.eaglesportchairs.com

- All participants must throw all implements from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat on any chair may not exceed 75cm measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.

- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- The athlete's body must remain in contact with the seat during the throw. Tournament staff will be available to assist the athlete getting to the competition area as well as assisting the athlete in and out of the circle.

9. Competition is held in the following events:

Able-Bodied Athletes: Events 1A, 2A, 3A, 4A, 5A, 6A and 7A

GIRLS

High Jump
Long Jump
Shot Put
Discus
Triple Jump
Pole Vault
Javelin*
100 m Dash
200 m Dash
100 m LH
300 m H
400 m Dash
800 m Run
1600 m Run
3200 m Run
4 x 100 m Relay
4 x 400 m Relay
4 x 800 m Relay

BOYS

High Jump
Long Jump
Shot Put
Discus
Triple Jump
Pole Vault
Javelin*
100 m Dash
200 m Dash
110 m HH
300 m H
400 m Dash
800 m Run
1600 m Run
3200 m Run
4 x 100 m Relay
4 x 400 m Relay
4 x 800 m Relay

*Blunt, rubber-tipped javelin.

Officials

At least one registered official shall be assigned to each of the following positions:

Field Events

Pole Vault = 1
Shot Put = 1
Discus = 1
High Jump = 1
Long Jump = 1
Triple Jump = 1
Javelin = 1

Running Events

Starter = 1

Administrative Areas

Meet Referee = 1

We recommend that every school fielding a track program register at least one school staff member as an AHSAA Track official. *Each registered official may work multiple positions during a meet if necessary to help reduce the total number of registered officials needed to fulfill the above requirement.*

Fees

Regular Season:

High School Varsity – \$50.00 per official per day

Junior Varsity – \$50.00 per official per day

Junior High (7-9) – \$50.00 per official per day

Mileage Allowance – \$8.00 per official per day

Mileage Allowance Over 60 miles – \$10.00 per official per day

Championship Playoffs:

Section Meets – \$75.00 per official per day

Mileage Allowance – \$15.00

State Meets – \$75.00 per official per day

Mileage Allowance – \$30.00 (per official per meet)

Regular Season Competition

1. The same restrictions and limitations apply to the girls and boys competition in all meets—dual, triangular, county, invitational, relays, section and state.
2. A competitor shall not **be entered** in more than four events, excluding relays. If a contestant is entered in more than the allowable four events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events. A competitor shall not **compete** in more than four events, including relays.

In junior high and middle school competition, a participant may not compete in more than three events. In a meet involving all ninth grade students, a participant may compete in a maximum of four events, of which only three may be running events, including relays.

3. **Uniforms:** Rules will be strictly enforced in accordance with NFHS rules.
4. **Headwear-Electronics:** Hats or sunglasses (except prescription sunglasses) are not permitted. A pole vault helmet is the only headwear permitted.

Medical alert medals should be visible. When the medal is attached to a bracelet or necklace made of metal or an unyielding material, it shall be taped to the body. When the medal is attached to a pliable material, it is not required to be taped to the body. Scarves which are knotted or tied as headwear are not allowed.

Electronic devices may be used in unrestricted areas and coaching boxes, provided that the location does not interfere with the progress of the meet as determined by the meet referee.

5. In all track events at all levels of competition, a runner who commits a false start shall be disqualified.
6. **Shot Put and Discus**—The throwing sector of 34.92 degrees is required for the shot and discus events. Discus and shot put implements must be checked in prior to the meet competition, then no other implements may be used in competition. Boys throw the 12 lbs (5.443 kg) shot and the 3 lbs., 9 oz. (1.6 kg) discus. Girls throw the 8 lbs., 13 oz. (4.0 kg) shot and the 2 lbs, 3.274 oz. (1 kg) discus. **Note:** In junior high/middle school competition, boys throw the 8 lbs., 13 oz.(4.0 k) shot and the 2 lbs., 3.27 oz. (1 k) discus. Girls throw the 6 lb. (2.744 k) shot and the 2 lbs., 3.27 oz. (1 k) discus
7. **Javelin**—The blunt, rubber-tipped javelin must be used. Girls throw the 600 g javelin, boys the 800 g javelin.
8. Schools must report meet team and individual results to: tloerman@milesplit.com. Complete

results must be submitted in a “flat html” format from either HyTek or RaceTab. Contact Tim Loreman at the above mentioned email for more information.

9. If coaches boxes are used, then only one coach per team may be in the box at any time.

Section, State Competition

1. Schools in each class will qualify for state competition in four section meets.

Note: In all classes, the top two teams from each section, plus eight wild cards will qualify for the 4 x 400. Only 16 teams will qualify instead of 24.

A school may enter three participants in each event and one team relay in each relay event for every division in which it is competing. (A participant or relay team is “entered” upon checking in with the Clerk of the Course or at the meet scratch meeting.)

Each class in a section will qualify the top 5 performances meeting qualifying standards for each event. Also qualifying will be the next 4 best performances (wildcards) meeting qualifying standards from all four sections per class event. If any of the top 5 finishers in a section event do not meet the qualifying standards, additional wildcards that meet qualifying standards in that event may be selected from the other sections in that class. A maximum of 24 may qualify for each state meet event. Wildcard ties for running events will be broken by reading times to the thousandths of a second and for field events by using the standard procedure based on misses or attempts.

A competitor shall not compete in more than four events, including relays.

2. All section meets must be run on two days using the designated event schedule. Each section must use the Hy-Tek (3.0 or better) computer software program with a photo-finish, automatic timing system to administer its meet. (Field Series must be used for all field events. This allows an accurate way to break ties. Any tie for 5th place must be broken before section meet.)

The entries for each sectional meet will be done online at the Alabama Runners website (www.alabamarunners.com.) Every school entering a section meet must use this site and set up the school with the four-letter codes already assigned. All questions or problems regarding entering a section meet should be directed to Alabama Runners.

Seeding for sectional meets must be based on verifiable performances in the Alabamarunners.com database. Timing for the state meet will be done by Xpress Timing, which may be reached at 205-368-9875 or xpress28@aol.com.

After the section meets, each director will be required to submit all state qualifiers via the results to xpress28@aol.com no later than 10 a.m. on Sunday following the meet. By midweek Xpress Timing will post the heat sheets for the state meets on www.ahsaa.com and www.xpresstiming.com and send heat sheets to the state meet directors. All questions and comments about timing and scoring of sectional and state meets should be sent to xpress28@aol.com.

3. Each section meet should follow the meet schedule for the 1A-3A state meet (all meets will be two days). All the section events should be completed, then the minimum qualifying standards will be applied to determine the qualifiers for the state meet.

In all throws and horizontal jumps, participants should be given three trials and then nine athletes advance to the finals for three more attempts. When all throws and jumps have been completed and scored, then the minimum qualifying standards are applied to determine qualifiers for the state meet.

4. Eight places will be scored. Scoring will be 10-8-6-5-4-3-2-1 for individual and relay events.
5. Entries for all section meets must be submitted online at www.alabamarunners.com five days before the meet date. Late entries will not be accepted. No telephone entries will be taken.
6. In relay events, a substitution for an injury can be made with a student already entered in the meet. (Note: An entry that is scratched may participate in any other event already entered.)
7. Scratch meetings will not be held for section meets. A time schedule for the order of events is available from each section meet director.

8. The section entry fee is \$100 per boys team and \$100 per girls team. Entry fee is \$20 per individual for four or less entries. Ribbons may be awarded to individual winners at the discretion of each section. No entry fee is required for the state meet.
9. Admission: Section—\$5 per day; State—\$10 per day.
10. Each section director must send a complete backup of the section meet results to xpress28@aol.com no later than 10 a.m. Sunday. By 1 p.m. Monday, a performance list with wild card qualifiers included will be posted on the AHSAA (www.ahsaa.com) and Alabama Runners (www.alabamarunners.com) websites. It is the responsibility of each coach and athlete to check these lists for wild card qualifiers.

Participants may be scratched from an event and still be eligible for any other events in which he/she has been entered. If a participant who qualifies in an individual event of a section meet cannot compete in the state meet, the coach must notify the section director who must notify Xpress Timing.

Any athlete advancing to the state meet after 1 p.m. Monday will be notified by his/his coach, whose section director has forwarded the notification from Xpress Timing.

No changes will be accepted after 12:00 noon on Tuesday for state competition. Complete, printable heat sheets will also be posted on the websites mentioned above no later than noon Wednesday. No replacements are permitted on the day of the state meet.
11. Time limits will be in accordance with NFHS rules. A bungee cord may be used during warm-ups before the high jump and pole vault starts. The bungee may not be used once competition has started.
12. No artificial noisemakers (radios, etc.) and laser pen lights or pointers are allowed in section, state and AHSAA-sanctioned meets. Anything that interferes with the progress of the meet may be restricted.
13. In all track events at all levels of competition, a runner who commits a false start shall be disqualified.
14. The members of a relay team may be changed between the section and state meet.
15. A participant in an individual event must qualify for the state meet in a section meet (do not ask for exceptions).
16. In case of a tie for the final qualifying place in any section field event, a “jump-off” must be held to determine the qualifier for the state meet. In running events, ties for 6th place will be broken by going to the thousandths (.001) in the participants’ times.
17. Once the state meet has started, the referee, along with the games committee when needed, shall resolve all questions that arise during the meet. The decision of the referee is final.
18. A \$25 protest fee is required for all section and state meets.
19. All implements (shots, discus and javelin) must be weighed in at section and state meets, preferably prior to the start of the meet. Implements **must** be weighed in before the event competition starts. No implements will be added in the competition after the event starts, and only those approved may be used.
20. Heat sheets will not be provided at the state meets. Coaches should print their own heat sheets.
21. Pole vault verification forms are available online. Coaches should print the forms and bring them to the meet(s) completed and signed.
22. Only 1/4” pyramid spikes are allowed on the track surface and runways at the state meets. Grass spikes (or similar) may be worn on the grass surface for the javelin. The penalty for failure to comply is disqualification after being warned.

State Qualifying Standards

After section meets are completed, qualifying standards are applied to determine qualifiers for the state meet.

HIGH JUMP

7A Boys: 5'8"	(Both boys and girls Advance 2" until only one participant is left, then advance by agreement)	7A Girls 4'8"
6A Boys: 5'8"	(Advance same as 7A)	6A Girls 4'6"
5A Boys: 5'6"	(Advance same as 7A)	5A Girls 4'4"
4A Boys 5'4"	(Advance same as 7A)	4A Girls 4'2"
1A-3A Boys 5'4"	(Advance same as 7A)	1A-3A Girls 4'2"

POLE VAULT

7A Boys: 11' 6"	(Both boys and girls Advance 6" until only 2 participants left, then advance 3" until one participant)	1-7A Girls 8'6"
6A Boys: 10'6"	(Advance same as 7A)	6A Girls 7'6"
5A Boys: 10'	(Advance same as 7A)	5A Girls 7'6"
4A Boys 9'	(Advance same as 7A)	4A Girls 7'
1A-3A Boys 9'	(Advance same as 7A)	1A-3A Girls 7'

A pole vaulter's weight shall be at or below the manufacturer's pole rating. Pole vaulters must be weighed in at state meets with calibrated scales. Legal poles (with band designating the hand position) must be used. The vaulting pole may have binding layers of adhesive tape of uniform thickness on the grip end. Multiple layers applied below the mid-point to prevent wear from the planting box is acceptable. It is recommended that layers should be wrapped from bottom to the top, to prevent the rolling of the tape to provide an illegal grip.

Coaches who need to order bands for pole vault poles or have questions can contact the following manufacturers: Gill Athletics, Inc. (www.gillathletics.com); UCS/Spirit (www.ucspirit.com) and ESSX (www.officiallessx.com).

FIELD EVENTS

Class	<u>Javelin</u>		<u>Discus</u>		<u>Triple Jump</u>		<u>Long Jump</u>		<u>Shot Put</u>	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1A	65'	115'	65'	90'	26'	34'	13'	17'	26'	34'
2A	65'	115'	65'	90'	26'	34'	13'	17'	26'	34'
3A	65'	120'	65'	95'	26'	35'	13'	17'	26'	36'
4A	75'	125'	70'	100'	27'	37'	13'6"	18'	27'	38'
5A	75'	125'	70'	105'	29'	37'	14'	18'	27'	39'
6A	85'	130'	80'	115'	29'	40'	15'	19'	29'	40'
7A	85'	130'	80'	115'	29'	40'	15'	19'	29'	40'

RUNNING EVENTS

Class	<u>300 Hurdles</u>		<u>400 Meters</u>		<u>800 Meters</u>		<u>1600 Meters</u>		<u>3200 Meters</u>	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1A	60.00	52.00	72.00	60.00	2:55	2:25	6:40	5:45	14:00	12:00
2A	60.00	52.00	72.00	60.00	2:55	2:25	6:40	5:45	14:00	12:00
3A	60.00	52.00	72.00	60.00	2:55	2:25	6:30	5:30	14:00	12:00
4A	55.00	50.00	68.00	55.00	2:55	2:20	6:30	5:15	14:00	11:45
5A	55.00	48.00	65.00	54.00	2:40	2:15	6:30	5:00	13:15	11:30
6A	53.00	45.00	62.00	53.00	2:35	2:10	6:15	4:50	13:00	10:40
7A	53.00	45.00	62.00	53.00	2:30	2:05	5:45	4:45	12:45	10:30

RELAY EVENTS

Class	<u>4 x 400 Meter Relay</u>		<u>4 x 800 Meter Relay</u>	
	Girls	Boys	Girls	Boys
1A	4:50	4:00	12:30	10:15
2A	4:50	4:00	12:30	10:15
3A	4:50	4:00	12:30	10:15
4A	4:50	4:00	12:15	10:00
5A	4:50	3:50	12:00	9:35
6A	4:45	3:40	11:00	9:00
7A	4:40	3:40	10:45	8:50

Section Meets

Entries will be submitted online at the Alabama Runners website (www.alabamarunners.com) five days before the meet date.

The qualifying procedure from section meets:

- (a) Top five performances meeting minimum standards per event class at each of the four sections.
- (b) Next four best performances meeting minimum standards from a wildcard pool for each classification event.

Time schedules are available from each section meet director.

Only certified coaches are allowed on track.

2018-19 Section Outdoor Track Meets:

CLASS 1A

SECTION 1:

Date: April 26-27

Site: Smith Station High School- Smith Station, Alabama

Teams: Alabama School for Blind, Alabama School for Deaf, Brantley, Elba, Florida, Georgiana, Houston County, Lanett, Loachapoka, Notasulga, Pleasant Home, Red Level, St. Lukes, Talladega Central, Victory Christian, Wadley, and Winterboro

Director: Ron Peters, Smiths Station

Phone: 706-566-8276 (cell) **Email:** coachronpeters@gmail.com

SECTION 2:

Date: April 27-28

Site: Paul Bryant High School, Tuscaloosa, AL

Teams: A.L. Johnson, Autaugaville, Brilliant, Ellwood Christian, Cornerstone, Francis Marion, Heritage Christian, Holy Spirit, Isabella, J.F. Shields, Keith, Linden, Maplesville, Marengo, McIntosh, Millry, and Sweetwater

Co-Directors: Jeff Sparks, Northridge High School

Phone: 205-792-1804 (cell) **Email:** jsparks@tusc.k12.al.us

Deon Irby, Paul Bryant High School **Phone:** 205-454-5272 (cell)

Email: dirby@tusc.k12.al.us

SECTION 3:

Date: April 26-27

Site: Winfield High School- Winfield, Alabama

Teams: Athens Bible, Belgreen, Cherokee, Decatur Heritage, Falkville, R.A. Hubbard, Lindsey Lane, Lynn, Marion County, Meek, Phillips, Pickens County, South Lamar, and Vina

Director: Steve Reaves

Phone: 205-468-7444 (cell) **Email:** sreaves@winfieldal.org

SECTION 4:

Date: April 26-27

Site: Ft. Payne High School- Fort Payne, Alabama

Teams: Appalachian, Donoho, Faith Christian, Paint Rock Valley, Skyline, Southeastern, and Woodville

Directors: C.M. Sanford

Phone: 256-996-6513 (cell) **Email:** csanford@ftpayk12.org

CLASS 2A

SECTION 1:

Date: April 26-27
Site: T. R. Miller High School- Brewton, Alabama
Teams: Abbeville, Barbour County, Calhoun, Chicksaw, Cottage Hill, Daleville, Elberta, Geneva, Goshen, Highland Home, Houston County, J.U. Blacksher, Luverne, New Brockton and Washington County
Director: Eddie Brundidge
Phone: 251-263-2061 (cell) **Email:** ebrundidge@brewtoncityschools.org

SECTION 2:

Date: April 27-28
Site: Paul Bryant High School- Tuscaloosa, Al
Teams: Addison, Aliceville, Altamont, Billingsley, R.C. Hatch, Sheffield, Sulligent, Tarrant, Tharptown, Vincent and Westminster School at Oak Mountain **Co-**
Directors: Jeff Sparks, Northridge High School
Phone: 205-792-1804 (cell) **Email:** jsparks@tusc.k12.al.us
Deon Irby, Paul Bryant High School Phone: 205-454-5272(cell) â€©Email: dirby@tusc.k12.al.us

SECTION 3:

Date: April 26-27
Site: Beauregard High School- Opelika, Alabama
Teams: Fayetteville, Gaston, LaFayette, Ohatchee, Reeltown, Southeastern, Westbrook Christian, and Woodland
Director: Rob Carter, Beauregard High School
Phone: 334-429-3297 (cell) **Email:** carter.rob@lee.k12.al.us

SECTION 4:

Date: April 26-27
Site: Scottsboro High School – Scottsboro, Alabama
Teams: Colbert County, Cedar Bluff, Cold Springs, Falkville, Fyffe, Cleveland, Hatton, Red Bay, North Sand Mountain, St. Bernard, Sand Rock, Section, Tanner, Whitesburg Christian, and Winston County
Director: Luke Robinson, Scottsboro High School
Phone: 256-599-1167 **Email:** lrobinson@scottsboroschools.net

CLASS 3A

SECTION 1:

Date: April 26-27
Site: T.R. Miller- Brewton, Alabama
Teams: Bayside Academy, Beulah, Dadeville, Bullock, Excel, Flomaton, Geneva High, Houston Academy, Mobile Christian, Opp, Prattville Christian, Pike County, Pike Road, Providence Christian, Saint James, South-Side Selma, Straughn, St. Michael Catholic, T.R. Miller, Thomasville
Director: Rob Atkinson, T.R. Miller
Phone: 251-363-3404 **Email:** robotkinsontrm@yahoo.com;

SECTION 2:

Date: April 26-27
Site: Winfield – Winfield, Alabama
Teams: Carbon Hill, Colbert Heights, Fultondale, Greene County, Hale County, Holy Family, Holt, Lamar County, Locust, Fork, J.B. Pennington, Midfield, Oakman Phil Campbell, and Winfield
Director: Steve Reaves
Phone: 205-468-7444 (cell) **Email:** sreaves@winfieldal.org

SECTION 3:

Date: April 26-27
Site: Scottsboro – Scottsboro, Alabama
Teams: Brindlee Mountain, Clements, East Lawrence, Elkmont, Hanceville, Holly Pond, Lauderdale County, Lexington, Vinemont, and Westminster Academy
Director: Luke Robinson, Scottsboro High School
Phone: 256-599-1167 **Email:** lrobinson@scottsboroschools.net.

SECTION 4:

Date: April 26-27
Site: Fort Payne
Teams: B.B. Comer, Glencoe, North Sand Mtn., Ohatchee, Piedmont, Pisgah, Pleasant Valley, Randolph County, Saks, Susan Moore, Weaver, and Walter Wellborn
Directors: C.M. Sanford -
Phone: 256-996-6513 (cell) **Email:** csanford@ftpayk12.org

CLASS 4A**SECTION 1:**

Date: April 26-27
Site: T.R. Miller – Brewton, Alabama
Teams: Alabama Christian, Andalusia, Ashford, Dale County, Escambia County Headland, Hillcrest- Evergreen, Monroe County, W.S. Neal, Williamson, and Satsuma,
Director: Rob Atkinson, T.R. Miller
Phone: 251-363-3404 **Email:** robotkinsontrm@yahoo.com

SECTION 2:

Date: April 26-27
Site: Beauregard High School – Opelika, Alabama
Teams: Anniston, Ashville, Bullock County, Childersburg, Cleburne, Elmore County, Handley, Holtville, Jacksonville, White Plains, Montgomery Academy, Montgomery Catholic, Talladega, Trinity, LAMP, B.T. Washington, and Lincoln
Director: Rob Carter
Phone: 334-429-3297 (cell) **Email:** carter.rob@lee.k12.al.us

SECTION 3:

Date: April 26-27
Site: Winfield- Winfield, Alabama
Teams: American Christian, Cordova, Curry, Deshler, Greensboro, Haleyville Leeds, Montevallo, Northside, Oak Grove, Sipsey Valley, Sumter Central, and West Blockton
Director: Steve Reaves
Phone: 205-468-7444 (cell) **Email:** sreaves@winfieldal.org

SECTION 4:

Date: April 26-27
Site: James Clemens High School
Teams: Brooks, Central-Florence, Cherokee County, Danville, DAR, Good Hope, Fairview, Madison Academy, North Jackson, Oneonta, Priceville, Randolph, Rogers, St. John Paul II Catholic, West Limestone, West Morgan, and Wilson
Director: Drew Bell
Phone: 205-533-0636 (cell) **Email:** james.bell@madisoncity.k12.al.us

CLASS 5A**SECTION 1:**

Date: April 26-27
Site: McGill-Toolen High School – Mobile, Alabama
Teams: Carroll, Charles Henderson, Citronelle, Demopolis, Faith Academy, Greenville, Leflore Magnet, Satsuma, UMS- Wright, Vigor, and Wilcox Central
Director: Drew Bentley,
Phone: 251-295-8481 (cell) **Email:** hasbeenpv@yahoo.com

SECTION 2:**Date:** April 26-27**Site:** Beaugard High School**Teams:** Alexandria, Beaugard, Brewbaker Tech, Central-Clay County, Chilton County, Marbury, Munford, Shelby County, Sylacauga, Tallassee, Valley,**Director:** Rob Carter**Phone:** 334-429-3297 (cell) **Email:** carter.rob@lee.k12.al.us**SECTION 3:****Date:** April 26-27**Site:** James Clemens**Teams:** Bibb County, Briarwood Christian, Center Point, Central-Tuscaloosa, Corner, Dora, Fairfield, Hamilton, Hayden, Jasper, John Carroll Catholic, Lawrence County, Parker, Pleasant Grove, Ramsay, Russellville, Wenonah, West Point, and Woodlawn**Director:** Drew Bell**Phone:** 205-533-0636 (cell) **Email:** james.bell@madisoncity.k12.al.us**SECTION 4:****Date:** April 26-27**Site:** Scottsboro- Scottsboro, Alabama**Teams:** Arab, Ardmore, Boaz, Brewer, Brooks, Crossville, Douglas, East Limestone, Etowah, Fairview, Guntersville, Madison County, Moody, Mortimer Jordan, Springville, St. Clair County, St. John Paul II, South-Side Gad, and Scottsboro**Director:** Luke Robinson, Scottsboro High School**Phone:** 256-599-1167 **Email:** lrobinson@scottsboroschools.net.**SECTION 1:****CLASS 6A****Date:** April 26-27**Site:** McGill-Toolen High School**Teams:** Baldwin County, B.C. Rain, Blount, Daphne, Dothan, Eufaula, Gulf Shores, Northview, Robertsdale, Saraland, Spanish Fort, and St. Paul**Director:** Drew Bentley,**Phone:** 251-295-8481 (cell) **Email:** hasbeenpv@yahoo.com**SECTION 2:****Date:** April 27-28**Site:** Paul Bryant High School, Tuscaloosa, Al.**Teams:** Bessemer City, Carver-Montgomery, Calera, Chelsea, Chilton County, Hillcrest-Tuscaloosa, Hueytown, McAdory, Minor, Northridge, Park Crossing, Paul Bryant, Pelham, Selma, Sidney Lanier, Stanhope Elmore and Wetumpka**Co-Directors:** Jeff Sparks, Northridge High School**Phone:** 205-792-1804 (cell) **Email:** jsparks@tusc.k12.al.usDeon Irby, Paul Bryant High School **Phone:** 205-454-5272(cell)**Email:** dirby@tusc.k12.al.us**SECTION 3:****Date:** April 26-27**Site:** Mountain Brook High School**Teams:** Benjamin Russell, Carver-Birmingham, Clay-Chalkville, Gardendale, Helena, Homewood, Huffman, Jackson-Olin, Jasper, John Carroll, Minor, Opelika, Pinson Valley, Ramsay, Russell County and Shades Valley**Director:** Michael McGovern**Phone:** 205-612-0468 (cell) **Email:** mcgovernm@mtnbrook.k12.al.us

SECTION 4:**Date:** April 26-27**Site:** Ft. Payne**Teams:** Albertville, Athens, Buckhorn, Columbia, Cullman, Decatur, Fort Payne, Hartselle, Hazel Green, Lee – Huntsville, Mae Jemison-Huntsville, Muscle Shoals, Oxford, Pell City**Director:** C.M. Sanford**Phone:** 256-996-0513 (cell) **Email:** csanford@ftpky12.org**CLASS 7A****SECTION 1:****Date:** April 26-27**Site:** McGill-Toolen High School**Teams:** Alma Bryant, Baker, Davidson, Fairhope, Foley, Mary Montgomery, McGill-Toolen, Murphy and Theodore**Director:** Drew Bentley -**Phone:** 251-295-8481 (cell) **Email:** hasbeenpv@yahoo.com**SECTION 2:****Date:** April 26-27**Site:** Smiths Station High School**Teams:** Auburn, Central-Phenix City, Enterprise, Jeff Davis, Prattville, Robert E. Lee and Smiths Station**Director:** Ron Peters**Phone:** 706-566-8276 (cell) **Email:** coachronpeters@gmail.com**SECTION 3:****Date:** April 26-27**Site:** Mountain Brook High School**Teams:** Hewitt – Trussville, Hoover, Mountain Brook, Oak Mountain, Spain Park, Thompson, Tuscaloosa County and Vestavia Hill**Director:** Michael McGovern**Phone:** 205-612-0468 **Email:** mcgovernm@mtnbrook.k12.al.us**SECTION 4:****Date:** April 26-27**Site:** James Clemens High School**Teams:** Austin, Bob Jones, Florence, Gadsden City, Grissom, Huntsville, James Clemens and Sparkman**Director:** Drew Bell**Phone:** 205-533-0636 (cell) **Email:** james.bell@madisoncity.k12.al.us**State Meet – Classes 1A, 2A & 3A****Date:** May 3-4**Site:** Cullman High School**Director:** Robin Gaines, Huntsville**Phone:** 256-468-3410**Email:** rgaines@madisoncity.k12.al.us**ENTRIES:** Each section director must email section results to Xpress Timing at xpress28@aol.com using the meet format provided by Xpress Timing.**ADMISSION:** \$10 per day
(Note: Non-participating coaches must have a valid 2018-2019 coaches' card for admission. Only athletes listed as competitors will be allowed to enter the facility with their team as meet athletes. All coaches are subject to having their coaching credentials checked at championship events.)

- AWARDS:** (a) Trophies to the team winner and runner-up in each division
 (b) Medals to the first three places in each event

It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in a monetary fine and possible probation and/or suspension.

OFFICIALS: A National Federation-certified official is assigned to each event.

COACHES: **A print out of all certified track coaches will be at the check-in for all teams. Each athlete(s) must have a certified coach to pick up the coaches packets for their athletes to compete.**

SHOT PUT GUIDELINE: Heavier warm-up shot puts may not be brought into the meet.
NOTE: Track will not be open for warm-ups.

IMPLEMENT INSPECTION

Athletes may turn in implements from 4:00-7:00 p.m. on Thursday prior to the state meet. Implements must be clearly marked with the names of school and the school's classification. Implement inspection will close 30 minutes prior to a classification beginning competition. Implements not meeting standards will be kept by meet officials until completion of the competition and may then be claimed. Unclaimed implements will become the property of the host city. No athlete may take any implement to a competition venue.

ORDER OF EVENTS

The times for each event are approximate. Events will progress in the order listed at the same time intervals even if the meet gets ahead or behind the tentative time schedule.

**FIELD EVENTS
 Friday, May 3**

TIME	EVENT	CLASSIFICATION	TIME	EVENT	CLASSIFICATION	
8:00 a.m.	Long Jump	3A Girls	12:00 p.m.	Discuss	Para	
	Shot Put	2A Boys		1:30 p.m.	Long Jump	1A Girls
	Discus	3A Boys	1:30 p.m.		400	Para
	Javelin	2A Girls			2:00 p.m.	Shot Put
	High Jump	1A Girls	Discus	1A Boys		
Pole Vault	1A Boys	Javelin	3A Girls			
9:30 a.m.	Triple Jump	2A Girls	High Jump	1A Boys		
11:00 a.m.	Shot Put	3A Girls	3:00 p.m.	Triple Jump	3A Boys	
	Discus	1A Girls				
	Javelin	3A Boys				
	Long Jump	2A Boys				
	Triple Jump	1A Boys				
	High Jump	3A Girls				
	Pole Vault	1A Girls				

**TRACK EVENTS
 Friday, May 3**

TIME	EVENT	CLASSIFICATION
10:00 a.m.	4x100m Relay	1A Girls (Prelims)
10:10 a.m.	4x100m Relay	1A Boys (Prelims)
10:20 a.m.	4x100m Relay	2A Girls (Prelims)
10:30 a.m.	4x100m Relay	2A Boys (Prelims)

TRACK EVENTS

Friday, May 3

TIME	EVENT	CLASSIFICATION
10:40 a.m.	4X100m Relay	3A Girls (Prelims)
10:50 a.m.	4X100m Relay	3A Boys (Prelims)
11:10 a.m.	1600m Run	1A Girls Final
11:15 a.m.		1A Boys Final
11:30 a.m.		2A Girls Final
11:45 p.m.		2A Boys Final
12:00 p.m.		3A Girls Final
12:15 p.m.		3A Boys Final

Note: Will be run in one heat from two alleys on time.

12:30 p.m.	400m Run	1A Girls Final
12:40 p.m.		1A Boys Final
12:50 p.m.		2A Girls Final
1:00 p.m.		2A Boys Final
1:10 p.m.		3A Girls Final
1:20 p.m.		3A Boys Final

Note: Will be run in lanes all the way on time.

1:45 p.m.	100m Hurdles	1A Girls (Prelims)
1:50 p.m.		2A Girls (Prelims)
1:55 p.m.		3A Girls (Prelims)
2:00 p.m.		1A Boys (Prelims)
2:05 p.m.		2A Boys (Prelims)
2:10 p.m.	110m Hurdles	3A Boys (Prelims)
2:30 p.m.	100m Dash	1A Girls (Prelims)
2:35 p.m.		1A Boys (Prelims)
2:40 p.m.		2A Girls (Prelims)
2:45 p.m.		2A Boys (Prelims)
2:50 p.m.		3A Girls (Prelims)
2:55 p.m.		3A Boys (Prelims)
3:15 p.m.	4x800m Relay	1A Girls Finals
3:30 p.m.		1A Boys Finals
3:45 p.m.		2A Girls Finals
4:00 p.m.		2A Boys Finals
4:15 p.m.		3A Girls Finals
4:30 p.m.		3A Boys Finals

Note: Will be run in one heat from two alleys on time.

4:45 p.m.	200m Dash	1A Girls (Prelims)
4:50 p.m.		1A Boys (Prelims)
4:55 p.m.		2A Girls (Prelims)
5:00 p.m.		2A Boys (Prelims)
5:05 p.m.		3A Girls (Prelims)
5:10 p.m.		3A Boys (Prelims)

FIELD EVENTS
Saturday, May 4

TIME	EVENT	CLASSIFICATION	TIME	EVENT	CLASSIFICATION
8:00 a.m.	Shot Put	1A Girls	11:00 a.m.	100m Hurdles	1A Girls
	Discus	2A Girls	11:05 a.m.	100m Hurdles	2A Girls
	Javelin	1A Boys	11:10 a.m.	100m Hurdles	3A Girls
	Long Jump	2A Girls	11:15 a.m.	110m Hurdles	1A Boys
	High Jump	3A Boys	11:20 a.m.	110m Hurdles	2A Boys
	Pole Vault	3A Girls	11:25 a.m.	110m Hurdles	3A Boys
9:30 a.m.	Triple Jump	2A Boys	11:30 a.m.	100m Dash	1A Girls
			11:35 a.m.	100m Dash	1A Boys
11:00 a.m.	Shot Put	1A Boys	11:40 a.m.	100m Dash	2A Girls
	Discus	2A Boys	11:45 a.m.	100m Dash	2A Boys
	Javelin	1A Girls	11:50 a.m.	100m Dash	3A Girls
	Long Jump	1A Boys	11:55 a.m.	100m Dash	3A Boys
	High Jump	2A Girls			
	Pole Vault	2A Boys	12:30 p.m.	300m Hurdles	1A Girls
12:00 p.m.	110m	Para	12:40 p.m.	300m Hurdles	2A Girls
			12:50 p.m.	300m Hurdles	3A Girls
12:00 p.m.	Triple Jump	3A Girls	1:00 p.m.	300m Hurdles	1A Boys
			1:10 p.m.	300m Hurdles	2A Boys
12:30 p.m.	Javelin	Para	1:20 p.m.	300m Hurdles	3A Boys
			<i>Note: Will be run in three heats on time.</i>		
1:00 p.m.	200m	Para, Boys, Girls	1:30 p.m.	200m Dash	1A Girls
			1:35 p.m.	200m Dash	1A Boys
1:15 p.m.	Shot Put	3A Boys	1:40 p.m.	200m Dash	2A Girls
	Discus	3A Girls	1:45 p.m.	200m Dash	2A Boys
	Javelin	2A Boys	1:50 p.m.	200m Dash	3A Girls
	High Jump	2A Boys	1:55 p.m.	200m Dash	3A Boys
	Long Jump	3A Boys			
	Pole Vault	2A Girls	2:00 p.m.	800m Run	1A Girls
1:45 p.m.	Triple Jump	1A Girls	2:10 p.m.	800m Run	1A Boys
			2:20 p.m.	800m Run	2A Girls
8:30 a.m.	3200m Run	1A Girls	2:30 p.m.	800m Run	2A Boys
8:45 a.m.	3200m Run	1A Boys	2:40 p.m.	800m Run	3A Girls
9:00 a.m.	3200m Run	2A Girls	2:50 p.m.	800m Run	3A Boys
9:15 a.m.	3200m Run	2A Boys	<i>Note: Will be run in two heats from two alleys on time.</i>		
9:30 a.m.	3200m Run	3A Girls			
9:45 a.m.	3200m Run	3A Boys	3:00 p.m.	4 x 400m Relay	1A Girls
			3:10 p.m.	4 x 400m Relay	1A Boys
			3:20 p.m.	4 x 400m Relay	2A Girls
			3:30 p.m.	4 x 400m Relay	2A Boys
			3:40 p.m.	4 x 400m Relay	3A Girls
			3:50 p.m.	4 x 400m Relay	3A Boys
			<i>Note: Will run in three heats using a three-turn stagger start on time.</i>		
10:30 a.m.	4x100m Relay	1A Girls	4:30 p.m.	CHAMPIONSHIP AWARDS CEREMONIES	
10:35 a.m.	4x100m Relay	1A Boys			
10:40 a.m.	4 x 100m Relay	2A Girls			
10:45 a.m.	4 x 100m Relay	2A Boys			
10:50 a.m.	4 x 100m Relay	3A Girls			
10:55 a.m.	4 x 100m Relay	3A Boys			

TRACK EVENTS (All Finals)
Saturday, May 5

TIME	EVENT	CLASSIFICATION
8:30 a.m.	3200m Run Final	
10:30 a.m.	4x100m Relay Final	
11:00 a.m.	100/110 H Final	
11:30 a.m.	100M Final	
12:30 p.m.	300H Finals on time	
1:30 p.m.	200 M Final	
2:00 p.m.	800m Final	
3:00 p.m.	4x400m Relay Final (single heat in each class seeded on Section Time)	

State Meet – Classes 4A, 5A, 6A & 7A

Date: May 2-4

Site: Gulf Shores—City Municipal Track, 19025 County Road 6, West, Gulf Shores, AL 36542

Director: Houston Young, Gulf Shores
Phone: 334-413-4309 (cell)

ENTRIES: Each section director must email section results to Xpress Timing at xpress28@aol.com using the same meet format provided by Xpress Timing.

ADMISSION: \$10 per day
(**Note:** Non-participating coaches must have a valid 2018-19 coaches' card for admission. Only athletes listed as competitors will be allowed to enter the facility with their team as meet athletes.) All coaches are subject to have coaching credentials checked at championship events.

AWARDS: (a) Trophies to the team winner and runner-up in each division
(b) Medals to the first three places in each event

OFFICIALS: A National Federation-certified official is assigned to each event.

SHOT PUT GUIDELINE: Heavier warm-up shot puts may not be brought into the meet.

IMPLEMENT INSPECTION Athletes may turn in implements from 3:00-6:00 p.m. on Wednesday prior to the state meet. Implements must be clearly marked with the names of school and the school's classification. Implement inspection will close 30 minutes prior to a classification beginning competition. Implements not meeting standards will be kept by meet officials until completion of the competition and may then be claimed. Unclaimed implements will become the property of the host city. No athlete may take any implement to a competition venue.

PACKET**PICKUP:**

Packet pick-up: Wednesday 3 p.m. to 6 p.m., Thursday 8 a.m. to 3 p.m. and Friday 7 a.m. to 3:30 p.m., Saturday 7 a.m. to 1 p.m.

COACHES' MEETING:

Coaches Meeting: 12:00 p.m. Thursday (No packets may be picked up during Coaches' Meeting.)

Note:

Armbands given to coaches WILL NOT be duplicated. They are washable and good for all 3 days.

4A-5A-6A-7A State Outdoor Meet

Opening ceremonies: 12:45 p.m., Thursday

COACHES' MEETING:

12:00 p.m. Thursday (No packets may be picked up during Coaches' Meeting.)

Note:

Armbands given to coaches WILL NOT be duplicated. They are washable and good for all 3 days.

PACKET**PICKUP:**

Wednesday 3 p.m. to 6 p.m., Thursday 8 a.m. to 3 p.m. and Friday 7 a.m. to 3:30 p.m., Saturday 7 a.m. to 1 p.m.

The stadium will close at 6:00 p.m. on Wednesday. The running surface will be open without hurdles and blocks on Wednesday from 12 noon to 6:00 p.m., Thursday from 7:00 a.m. to 8:30 a.m. and Friday and Saturday from 7:00 a.m. to 8:00 a.m. The track running surface will be open for one hour after the last running event of the day has ended.

All field event venues are closed on Wednesday and each day after except for competition.

Note: Each running event shows a starting time for 4A Girls. All other races will immediately follow.

FIELD EVENTS

Thursday	1:00 PM	4:00 PM	7:00 PM
Shot Put	Para Athlete		
Shot Put	5A-B	7A-B	4A-G
Discus	4A-B	6A-B	7A-G
Javelin	6A-G	5A-B	4A-B
Long Jump	5A-B	4A-G	7A-B
Triple Jump	7A-G	6A-G	5A-B
High Jump	5A-G	4A-G	6A-B
Pole Vault	7A-B	5A-G	4A-G

TRACK EVENTS

Thursday

1:00	1600 Meter Finals	4A-G
1:08	1600 Meter Finals	4A-B
1:16	1600 Meter Finals	5A-G
1:24	1600 Meter Finals	5A-B
1:32	1600 Meter Finals	6A-G
1:40	1600 Meter Finals	6A-B
1:48	1600 Meter Finals	7A-G
1:56	1600 Meter Finals	7A-B
2:30	Para Athletes 100 Meter	
3:30	4 x 100 Relay Semi-finals	4A-G
3:40	4 x 100 Relay Semi-finals	4A-B
3:50	4 x 100 Relay Semi-finals	5A-G
4:00	4 x 100 Relay Semi-finals	5A-B
4:10	4 x 100 Relay Semi-finals	6A-G
4:20	4 x 100 Relay Semi-finals	6A-B
4:30	4 x 100 Relay Semi-finals	7A-G
4:40	4 x 100 Relay Semi-finals	7A-B
5:25	Para Athletes 200 Meter	
5:30	100 Meter Semi-finals	4A-G
5:40	100 Meter Semi-finals	4A-B
5:50	100 Meter Semi-finals	5A-G
6:00	100 Meter Semi-finals	5A-B
6:10	100 Meter Semi-finals	6A-G
6:20	100 Meter Semi-finals	6A-B
6:30	100 Meter Semi-finals	7A-G
6:40	100 Meter Semi-finals	7A-B

FIELD EVENTS

Friday

	8:30 AM	12:00 Noon	2:30 PM
Shot Put	4A-B	6A-G	5A-G
Discus	7A-B	5A-B	4A-G
Javelin		Para Athlete	
Javelin	6A-B	5A-G	7A-G
Long Jump	7A-G	6A-G	4A-B
Triple Jump	4A-B	7A-B	5A-G
High Jump	5A-B	4A-B	7A-B
Pole Vault	7A-G	6A-B	4A-B

TRACK EVENTS

Friday

8:50	3200 Meter Run Finals	4A-G
9:05	3200 Meter Run Finals	4A-B
9:20	3200 Meter Run Finals	5A-G
9:35	3200 Meter Run Finals	5A-B
9:50	3200 Meter Run Finals	6A-G
10:05	3200 Meter Run Finals	6A-B
10:20	3200 Meter Run Finals	7A-G

TRACK EVENTS

Friday

10:35	3200 Meter Run Finals	7A-B
10:50	400 Meter Final Para Athlete	
11:00	400 Meter Finals	4A-G
11:05	400 Meter Finals	4A-B
11:10	400 Meter Finals	5A-G
11:15	400 Meter Finals	5A-B
11:20	400 Meter Finals	6A-G
11:25	400 Meter Finals	6A-B
11:30	400 Meter Finals	7A-G
11:35	400 Meter Finals	7A-B
12:20	100 Meter Hurdles Semi-finals	4A-G
12:30	100 Meter Hurdles Semi-finals	5A-G
12:40	100 Meter Hurdles Semi-finals	6A-G
12:50	100 Meter Hurdles Semi-finals	7A-G
1:00	110 Meter Hurdles Semi-finals	4A-B
1:10	110 Meter Hurdles Semi-finals	5A-B
1:20	110 Meter Hurdles Semi-finals	6A-B
1:30	110 Meter Hurdles Semi-finals	7A-B
1:45	4 x 800 Meter Relay Finals	4A-G
2:00	4 x 800 Meter Relay Finals	4A-B
2:15	4 x 800 Meter Relay Finals	5A-G
2:30	4 x 800 Meter Relay Finals	5A-B
2:45	4 X 800 Meter Relay Finals	6A-G
3:00	4 x 800 Meter Relay Finals	6A-B
3:15	4 x 800 Meter Relay Finals	7A-G
3:30	4 x 800 Meter Relay Finals	7A-B
3:55	200 Meter Dash Semi-finals	4A-G
4:00	200 Meter Dash Semi-finals	4A-B
4:05	200 Meter Dash Semi-finals	5A-G
4:10	200 Meter Dash Semi-finals	5A-B
4:15	200 Meter Dash Semi-finals	6A-G
4:20	200 Meter Dash Semi-finals	6A-B
4:25	200 Meter Dash Semi-finals	7A-G
4:30	200 Meter Dash Semi-finals	7A-B

* The eight (8) fastest times from Thursday and Saturday will be scored with the fastest qualifying in the sectional meets running on Saturday.

FIELD EVENTS

Saturday

	8:30 AM	11:30 AM
Shot Put	6A-B	7A-G
Discus	Para Athlete	
Discus	5A-G	6A-G
Javelin	7A-B	4A-G
Long Jump	5A-G	6A-B
Triple Jump	6A-B	4A-G
High Jump	6A-G	7A-G
Pole Vault	6A-G	5A-B

TRACK EVENTS

Saturday

9:00	4 x 100 Relay Finals	4A-G
9:03	4 x 100 Relay Finals	4A-B
9:06	4 x 100 Relay Finals	5A-G
9:09	4 x 100 Relay Finals	5A-B
9:12	4 x 100 Relay Finals	6A-G
9:15	4 x 100 Relay Finals	6A-B
9:18	4 x 100 Relay Finals	7A-G
9:21	4 x 100 Relay Finals	7A-B
9:45	100 Meter Hurdles Finals	4A-G
9:50	100 Meter Hurdles Finals	5A-G
9:55	100 Meter Hurdles Finals	6A-G
10:00	100 Meter Hurdles Finals	7A-G
10:10	110 Meter Hurdles Finals	4A-B
10:15	110 Meter Hurdles Finals	5A-B
10:20	110 Meter Hurdles Finals	6A-B
10:25	110 Meter Hurdles Finals	7A-B
10:40	100 Dash Finals	4A-G
10:42	100 Dash Finals	4A-B
10:44	100 Dash Finals	5A-G
10:46	100 Dash Finals	5A-B
10:48	100 Dash Finals	6A-G
10:50	100 Dash Finals	6A-B
10:52	100 Dash Finals	7A-G
10:54	100 Dash Finals	7A-B
11:05	300 Meter Low Hurdles Finals	4A-G+
11:15	300 Meter Low Hurdles Finals	5A-G+
11:25	300 Meter Low Hurdles Finals	6A-G+
11:35	300 Meter Low Hurdles Finals	7A-G+
<i>+ Will be run in 3 heats on time.</i>		
11:50	300 Meter Intermediate Hurdles Finals	4A-B+
12:00	300 Meter Intermediate Hurdles Finals	5A-B+
12:10	300 Meter Intermediate Hurdles Finals	6A-B+
12:20	300 Meter Intermediate Hurdles Finals	7A-B+
12:50	200 Meter Dash Finals	4A-G
12:53	200 Meter Dash Finals	4A-B
12:56	200 Meter Dash Finals	5A-G
12:59	200 Meter Dash Finals	5A-B
1:02	200 Meter Dash Finals	6A-G
1:05	200 Meter Dash Finals	6A-B
1:08	200 Meter Dash Finals	7A-G
1:11	200 Meter Dash Finals	7A-B
1:30	800 Meter Run Finals	4A-G \$
1:40	800 Meter Run Finals	4A-B \$
1:50	800 Meter Run Finals	5A-G \$
2:00	800 Meter Run Finals	5A-B \$
2:10	800 Meter Run Finals	6A-G \$
2:20	800 Meter Run Finals	6A-B \$
2:30	800 Meter Run Finals	7A-G \$
2:40	800 Meter Run Finals	7A-B \$

TRACK EVENTS

Saturday

\$ Will be run in two heats using two alleys on time

3:00	4 x 400 Meter Relay Finals	4A-G #
3:10	4 x 400 Meter Relay Finals	4A-B #
3:20	4 x 400 Meter Relay Finals	5A-G #
3:40	4 x 400 Meter Relay Finals	5A-B #
3:50	4 x 400 Meter Relay Finals	6A-G #
4:00	4 x 400 Meter Relay Finals	6A-B #
4:10	4 x 400 Meter Relay Finals	7A-G #
4:20	4 x 400 Meter Relay Finals	7A-B #

Relays be run using a three-turn stagger start on time. There will only be two heats of each classification, Girl and Boy (total of 16 teams for final)

Awards to follow 4 x 400 Relay

Decathlon

Date:	May 13-14
Site:	Hoover High School
Director:	Devon Hind, Hoover High School, 1000 Buccaneer Dr., Hoover, AL 35244 Phone: 205-439-1379, 205-807-9144 (cell) Fax: 205-439-1248 Email: dhind@hoover.k12.al.us
ENTRY FEE:	\$30 per athlete (payable to: Hoover High School)
ENTRIES:	Must be done online at the al.milesplit.com website. A team may enter no more than 4 athletes in each division.
AWARDS:	Plaques for top five places in each division

(Note: All coaches are subject to having their coaching credentials checked at championship events.)

Schedule

Events will begin 30 minutes after the conclusion of the previous event.

Monday (12 noon start)

100 meters
Long jump
Shot put
*High Jump
400 meters

Tuesday (9:00 a.m. start)

1:10 hurdles
Discus (half the field to PV when finished)
Javelin (half the field to PV when finished)
** Pole Vault (to discus or javelin when done)
1500 meters
* High jump starting height is 1.47 M (4'9.75") and will progress in 5 cm increments.
** Pole Vault starting height is 2.60 M (8;6.25") and will progress in 15 cm increments.

Qualifying Standards

An athlete should be able to meet at least 6 of the 10 standards during the indoor or outdoor seasons during the year the decathlon is conducted or during the previous year's seasons. Each of these marks represents a score of approximately 350 points.

100 meters	13.74
Long jump	15'10"

Shot put	25'4"
*High Jump	4'9"
400 meters	1:02.00
110 hurdles	19.99
Discus	78'9"
Javelin	109'11"
Pole Vault	9'6"
1500 meters	1600 m time of 5:59.0

Officials

At least one registered official shall be assigned to each of the following positions:

Field Events	Running Events	Administrative Areas:
Pole Vault = 1	Starter = 1	Meet Referee = 1
Shot Put = 1		
Discus = 1		
High Jump = 1		
Long Jump = 1		
Triple Jump = 1		
Javelin = 1		

Each registered official may work multiple positions during a meet if necessary to help reduce the total number of registered officials needed to fulfill the above requirement.

Fees

Championship Playoffs

State Meets - \$75.00 per official per day
 Mileage Allowance - \$30.00 (per official per meet)

Heptathlon

Date:	May 13-14
Site:	Hoover High School
Director:	Devon Hind, Hoover High School, 1000 Buccaneer Dr., Hoover, AL 35244
	Phone: 205-439-1379, 205-807-9144 (cell)
	Fax: 205-439-1248 Email: dhind@hoover.k12.al.us
ENTRY FEE:	\$30 per athlete (payable to: Hoover High School)
ENTRIEES:	Must be done online at the al.milesplit.com website. A team may enter no more than 4 athletes in each division.
AWARDS:	Plaques for top five places in each division

(**Note:** All coaches are subject to having their coaching credentials checked at championship events.)

Schedule

Events will begin 30 minutes after the conclusion of the previous event.

Monday (1:00 p.m. start)	Tuesday (10:00 a.m. start)
100 hurdles	Long Jump
High Jump*	Javelin
Shot put	800 meters
200 meters	

*High jump starting height is 1.29 M (4'2.75") and will progress in 5 cm increments.

Qualifying Standards

Ann athlete should be able to meet at least 4 of the 7 standards during the indoor or outdoor

seasons during the year the decathlon is conducted or during the previous year's seasons. Each of these marks represents a score of approximately 350 points.

100 hurdles	19.45
High Jump	4'1"
Shot put	23'8"
200 meters	32.03
Long Jump	13'8"
Javelin	76'11"
800 meters	3:01.00

Officials

At least one registered official shall be assigned to each of the following positions:

Field Events

Pole Vault = 1

Shot Put = 1

Discus = 1

High Jump = 1

Long Jump = 1

Triple Jump = 1

Javelin = 1

Running Events

Starter = 1

Administrative Areas

Meet Referee = 1

Each registered official may work multiple positions during a meet if necessary to help reduce the total number of registered officials needed to fulfill the above requirement.

FEES

Championship Playoffs

State Meets - \$75.00 per official per day

Mileage Allowance - \$30.00 (per official per meet)