

State Meet

DATE: Feb. 3- Feb. 4

SITE: Birmingham CrossPlex

MEET DIRECTOR: Houston Young, Gulf Shores
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MEET REFEREE: TBA

ENTRIES: A school may enter two participants in each individual event but only one relay team. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.

ENTRY DEADLINE: Submit entries online at alabamarunners.com by midnight on Monday, Jan. 27, after which no entries will be accepted.

All substitutions, changes and scratches must be made by noon on Wednesday, Jan. 29, via email to Xpress Timing at xpress28@aol.com. No additions may be made.

The only changes and substitutions permitted at the meet will be those necessitated by verified sickness or injury and approved by the Jury of Appeals.

SEEDING: Based on times at regular season indoor performances at indoor meets. Times must meet the Minimum Qualifying Standards on page 64.

DIVISIONS: 1A-4A, 5A and 6A for boys and girls

PROTEST FEE: \$25

ADMISSION: \$10 per day

(Note: Non-participating coaches must have a valid 2013–14 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.)

OFFICIALS: An AHSAA-registered official is assigned to each event.

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

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

MEET SCHEDULE

Monday (Feb. 3)

8:00 a.m. Officials' Meeting

8:30 a.m. Coaches' Meeting

Track Events:

(Girls will run before boys in each event class except the hurdles)

10:00 a.m.	3200 m Run Finals*	1A-4A, 5A, 6A
1:35 p.m.	60 m Hurdles Semi-Finals (all girls lows then boys highs)	1A-4A, 5A, 6A
2:25 p.m.	60 m Dash Semi-Finals*	1A-4A, 5A, 6A
3:40 p.m.	800m Run Finals	1A-4A, 5A, 6A
5:05 p.m.	4x200 m Relay Finals	1A-4A, 5A, 6A

Field Events:

	<u>Long Jump</u>	<u>Shot Put</u>	<u>Pole Vault</u>	<u>Triple Jump</u>
10:00 a.m.	6A Boys	5A Girls	6A Girls	1A-4A Boys
10:00 a.m.			5A Boys	
12:30 p.m.		6A Boys	5A Girls	1A-4A Girls
12:30 p.m.			1A-4A Boys	
1:00 p.m.	5A Boys			
2:30 p.m.			6A Boys	6A Girls
2:30 p.m.			1A-4A Girls	
3:15 p.m.	1A-4A Girls	5A Boys		

Tuesday (Feb. 4)

Track Events:

(Girls will run before boys in each class except the hurdles)

9:00 am	400 m Dash Finals	1A-4A, 5A, 6A
11:00 am	1600 m Run Finals*	1A-4A, 5A, 6A
1:00 pm	60 m Hurdles Finals (all girls lows then boys highs)	1A-4A, 5A, 6A
1:15 pm	60 m Dash Finals*	1A-4A, 5A, 6A
1:45 pm	4x800 m Relay Finals	1A-4A, 5A, 6A
4:15 pm	4x400 m Relay Finals	1A-4A, 5A, 6A

Field Events:

	<u>Long Jump</u>	<u>High Jump</u>	<u>Shot Put</u>	<u>Triple Jump</u>
9:00 am	6A Girls	6A Boys	1A-4A Boys	5A Girls
9:00 am		1A-4A Girls		
11:30 am			6A Girls	6A Boys
1:00 pm	1A-4A Boys			
2:00 pm		5A Boys	1A-4A Girls	
2:00 pm		5A Girls		
2:30 pm				5A Boys
4:00 pm		1A-4A Boys		
4:00 pm	5A Girls	6A Girls		

*After these running events, the track goes up or down before the next races (process takes approximately 20 minutes).

Note: The schedule above is tentative and subject to adjustment depending on the number of entries.