

HORNET INVITATIONAL

FRIDAY, MARCH 29 & SATURDAY, MARCH 30

MEET INFORMATION



FACILITY

The University of South Alabama's track is an eight-lane, Mondo-surfaced track (same surface as used for the 1996 and 2000 Olympic Games as well as multiple World Championships), with long/triple jump pits on the East and West sides of the inner track, a pole vault and a high jump pit. The shot put, javelin, and discus will be thrown on the infield. The facility also includes a videoboard/scoreboard and a state-of-the-art sport lighting system. Restrooms are available. All tents must be set up on the band practice field (southeast of the stadium) at the top of the hill.

Please ensure that your athletes and guests **DO NOT JUMP OVER FENCES** at the meet. That behavior may cause them to be removed from the premises. We are guests and we WILL adhere to their facility rules.

ADMISSION

Admissions will be \$6 for ages 5 & up.

PARKING

Parking may be limited. All vehicles should park in the Gamma Parking lot located north of the track facility. No vehicles should park in the Mitchell Center parking lot or between the Mitchell Center and track facility.

ENTRIES & SCORING

The top eight places will be scored, 10-8-6-5-4-3-2-1. For middle schools, each team is allowed to enter two athletes per individual event and one relay team per relay event. Middle school athletes are limited to three events. For high schools, each team is allowed to enter up to four athletes per individual event and two relay team per relay event. Only the top three individuals and one relay in each event will score. 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 26. Entries will be opened on January 7. Entries must be completed at <http://al.milesplit.com>. 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 \$60 per school for Middle Schools and \$125 per gender team or \$10 per athlete, whichever is less, for HIGH SCHOOLS. **Checks should be made payable to Baker High School and may be mailed to the school or brought to the meet.** 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 (1st and 2nd Place) will be given to the top girls' and boys' teams. The top three finishers in each event will receive a medal. Each participant on a relay will also receive a medal.

RULES

All AHSAA member schools are invited. AHSAA rules and sanctions will be strictly enforced. A mandatory coaches meeting will be held at 8:30a.m. Only **pyramid** spikes of ¼ inch are allowed; any athlete found in violation of this rule will be disqualified from the event. All running events will be finals on time. A one-minute and a half rule will be enforced in all field events.

EQUIPMENT

Starting blocks will be provided. Athletes will need to provide their own implements. Implement Certification will be held prior to the start of the meet in the track garage. All athletes

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.

SANCTIONS

The meet is sanctioned by AHSAA for Alabama and bordering states.

CONTACTS

Meet Director
Paul Agnew

Email: pjagnew@mcpss.com

Contact: 251-221-3000

HORNET INVITATIONAL – MARCH 29 & 30

Friday, March 29

Friday Session (MIDDLE SCHOOL/VARSITY)

Running Events (FINALS ON TIME)

2:00 PM	100m/110m Hurdles	Middle
	100 m Dash	Middle
	1600m Run	Middle
	4 x 100m Relay	Middle
	800m Dash	Middle/Varsity
	400m Run	Middle
	200m Run	Middle/Varsity
	3200m Run	Varsity
	4 x 400m Relay	Middle

Field Events (3 ATTEMPTS NO FINALS)

1:00 PM	Girls Long Jump (West Runway)	Middle
	Boys Long Jump (East Runway)	Middle
	Shot Put (Boys, then Girls)	Middle
	High Jump (Boys, then Girls)	Middle
4:00 PM	Girls Discus (South Circle)	Varsity
	Boys Discus (North Circle)	Varsity
	Girls High Jump	Varsity
	Girls Pole Vault	Varsity
5:15 PM	Boys High Jump	Varsity

*Rolling schedule; Girls, followed by Boys

Saturday, March 30

Saturday Session (VARSITY ONLY)

Running Events (FINALS ON TIME)

10:00 AM	4 x 800m Relay
	100m/110m Hurdles
	4 x 100m Relay
	400m Dash
	100m Dash
20 MIN BREAK	
	300m Hurdles
	1600m Run
	4 x 400m Relay

Field Events (3 ATTEMPTS NO FINALS)

9:00 AM	Boys Javelin
	Girls Shot Put
	Girls Long Jump (West Runway)
	Boys Triple Jump (East Runway)
10:00 AM	Boys Pole Vault
11:00 AM	Boys Shot Put
	Girls Triple Jump (West Runway)
	Boys Long Jump (East Runway)
	Girls Javelin

*Rolling Schedule; Girls, followed by Boys

Middle School - Starting Heights and Minimum Measurements

All first attempts will be measured. Each athlete will be granted 3 throws or horizontal jumps with no finals.

	Boys	Girls
Long Jump	13'0"	11'0"
High Jump	4'2"	3'10"
Shot Put	24'0"	19'0"

High School - Starting Heights and Minimum Measurements

All first attempts will be measured. After that, the minimum standard will be used. Each athlete will be granted 3 throws or horizontal jumps with no finals.

	Boys	Girls
Long Jump	19'0"	14'0"
Triple Jump	38'0"	28'0"
High Jump	5'4"	4'4"
Shot Put	38'0"	25'0"
Discus	100'0"	65'0"
Javelin	110'0"	65'0"
Pole Vault	9'0"	7'0"