

# AHSAA 6A & 7A, Section 3 Track & Field Championships April 26-27, 2019 Hosted by Mountain Brook High School

**6A Schools :** Benjamin Russell, Carver-Birmingham, Clay-Chalkville, Gardendale, Helena, Homewood, Huffman, Jackson-Olin, Opelika, Pelham, Pinson Valley, Russell County, Shades Valley

**7A Schools:** Hewitt-Trussville, Hoover, Mountain Brook, Oak Mountain, Spain Park, Thompson, Tuscaloosa County, Vestavia Hills

**Entry Procedure:** All entries will be done through [www.alabamarunners.com](http://www.alabamarunners.com). All entry marks must have been achieved during the 2016 season and will be verified through the [www.alabamarunners.com](http://www.alabamarunners.com) database. There is a maximum of three athletes per event and one relay team per school. Each athlete may compete in a maximum of four events. All relay athletes must be entered as well.

**Entry Deadline:** April 22 at 11:59PM! LATE ENTRIES WILL NOT BE ACCEPTED!

**Entry Fee:** \$100.00 per team, boys and girls separate. Make checks payable to Mountain Brook High School

**Awards:** Awards to the top three finishers in each event and team awards to the champion and runner-up.

**Team Scoring:** Scoring eight places: 10-8-6-5-4-3-2-1

**Coaches Admission:** A AHSAA coaches card will be required for admission for all coaches. Those without cards will have to pay for admission.

**Concessions:** We will have a concession stand in operation both days of the meet.

**Protest Fee:** A \$20.00 cash protest fee will be required for any objections to the meet referee's decision. This includes all rereads on finish photos.

**Qualifying:** The top FIVE(TWO in 4x400) finishers in each event meeting the state qualifying mark will qualify for the state meet the following weekend at Gulf Shores. Additionally, four wildcards in each event will be selected from all four section meets. These wildcards must also meet the state qualifying mark. All ties for the final qualifying spot will be broken at the meet.

## State Qualifying Marks and Starting heights:

	6A Boys	6A Girls	7A Boys	7A Girls
Long Jump*	19'	15'	19'	15'
Triple Jump*	40'	29'	40'	29'
Discus*	115'	80'	115'	80'
Javelin*	130'	85'	130'	85'
Shot Put*	40'	29'	40'	29'
High Jump*	5'8"	4'6"	5'8"	4'8"
Pole Vault*	10'6"	7'6"	11'6"	8'6"
400m*	53.00	62.00	53.00	62.00
800m*	2:10	2:35	2:05	2:30
1600m Run*	4:50	6:15	4:45	5:45
3200m Run*	10:40	13:00	10:30	12:45
300m Hurdles*	45.00	53.00	45.00	53.00
1600m Relay*	3:40	4:45	3:40	4:40
3200m Relay*	9:00	11:00	8:50	10:45

\*marks must be met in sectional meet to qualify for state

Any teams wishing to erect tents must do so in the top rows of the stadium.

**AHSAA Sectional Track & Field Championships**  
**6A—Section 3, 7A—Section 3**

**Friday, April 26**

**Running Events**

Time	Event	Division
3:30	4x100(prelims)	6A
3:50	1600	All
5:20	400	All
6:20	100H/110H(prelims)	All
7:00	100(prelims)	All
7:45	4x800	All
9:00	200(prelims)	All

**Field Events**

Time	Event	Division
3:30	Pole Vault	7A Girls
3:30	Shot Put	6A Girls
3:30	Javelin	6A Boys
3:30	High Jump	6A Boys
3:30	Discus	7A Girls
3:30	Triple Jump	6A Girls
3:30	Long Jump	7A Boys
5:30	Pole Vault	7A Boys
5:30	Discus	6A Boys
5:30	Triple Jump	7A Girls
5:30	High Jump	6A Girls
6:00	Javelin	6A Girls
6:00	Triple Jump	6A Boys
6:00	Shot Put	7A Boys

**Saturday, April 27**

**Running Events**

Time	Event	Division
8:30	3200	All
10:30	4x100(finals)	All
11:00	100H/110H(finals)	All
11:30	100(finals)	All
12:00	300H	All
12:45	200(finals)	All
1:00	800	All
2:00	4x400	All

**Field Events**

Time	Event	Division
9:00	Discus	7A Boys
9:00	Long Jump	7A Girls
9:00	Triple Jump	7A Boys
9:00	High Jump	7A Girls
9:00	Pole Vault	6A Boys
9:00	Javelin	7A Girls
9:00	Shot Put	6A Boys
11:30	Discus	6A Girls
11:30	Long Jump	6A Boys
11:30	High Jump	7A Boys
11:30	Pole Vault	6A Girls
11:30	Shot Put	7A Girls
11:30	Javelin	7A Boys
11:30	Long Jump	6A Girls