**Northridge - Jaguar Invitational**

**March 21, 2020**

FACILITIES: **“NEW”** 8 - Lane Track, 1/4 inch spikes maximum, Multi-directional runways.

DATE: Saturday, March 21, 2020.

ENTRY RULES: Teams may have **5** entries in individual events and **2** relay teams,

only the top three individuals per school will be scored in individual

events and only one relay team per school in the relay events .

**Each athlete may participate in only 4 events.**

MEET CONDUCTION: All individual running events will be held as finals on time. We will

seed according to entry times. Please be as honest as possible.

In the LJ, TJ, SP, DT and JT, we will give all athletes (**3) attempts** with

**NO Finals.**

ENTRY FEE: $ 150.00 per team – **Limited entries** (Boys & Girls are separate teams).

Boys & Girls Teams together = $300.00

Please make checks payable to**: Northridge H. S. Track.**

Payments: Accept race day payments. Checks, Cash, or **must at least**

**have a signed purchase order with P.O. number, in order to compete.**

ENTRY DEADLINE: All entries will be done online @ al.milesplit.com (Alabama Runners) and

must be entered by Wednesday, March 18th.

MEET DIRECTOR INFO: Jeff Sparks, Northridge H. S., 2901 Northridge Road, Tuscaloosa,

AL 35406. (Cell)**:** (205) 792-1804, **(H):** 553-8775, **(O):** 759-3590.

**My email address:** [**jsparks@tusc.k12.al.us**](mailto:jsparks@tusc.k12.al.us)**.**

TIMING: Xpress Timing at [xpress28@aol.com](mailto:xpress28@aol.com) (Dan Passen & Team)

SCORING: Team scoring will be 10 - 8 - 6 - 5 – 4 - 3 - 2 - 1 for all events.

AWARDS: Trophies will be given to first, second and third place teams overall

in each division. Awards will be given to the top three places in all

events, including relays. Pick-up your schools team awards at the

end of the meet.

MEET RULES: The meet will be conducted under National High School Federation

Rules and in accordance with the Alabama High School Athletic

Association spring sports book.

HEAT SHEETS: Performance List will be available online at al.milesplit.com prior to the start

of the meet. Heat sheets will be available for coaches prior to the start of the

meet and posted for the athletes at the meet. Results will also be posted

following the completion of each event. Coaches, a full set of results will be

available at the end of the meet.

**Northridge High School**

**Jaguar Invitational Track Meet**

Saturday, March 21st, 2020

**Schedule of Events**

Running Events: Saturday, March 21st, 2020

10:00a.m. START

4 x 800 METER RELAY ( V-G, V-B) ^ FINALS ^

100 METER LOW HURDLES 33” ( V-G) ^ FINALS ^

110 METER HIGH HURDLES 39” ( V-B) ^ FINALS ^

100 METER DASH ( V-G, V-B) ^ FINALS ^

1600 METER RUN ( V-G, V-B) ^ FINAL

400 METER DASH ( V-G, V-B) ^ FINALS ^

4 X 100 METER RELAY ( V-G, V-B) ^ FINALS ^

800 METER RUN ( V-G, V-B) ^ FINALS ^

200 METER DASH ( V-G, V-B) ^ FINALS ^

300 METER INTERMEDIATE HURDLES 30” ( V-G) ^ FINALS ^

300 METER INTERMEDIATE HURDLES 36” ( V-B) ^ FINALS ^

3200 METER RUN (V-G, V-B) ^ FINALS ^

4 X 400 METER RELAYS ( V-G, V-B)

TEAM AWARDS

Field Events:

**9:30 a.m.**

LONG JUMP (V-B)

SHOT PUT (V-B)

TRIPLE JUMP (V-G)

JAVELIN THROW (V-G)

**11:30 a.m.**

POLE VAULT (V-B)

HIGH JUMP (V-G)

SHOT PUT (V-G)

DISCUS THROW (V-B)

**1:30 p.m.**

LONG JUMP (V-G)

JAVELIN THROW (V-B)

DISCUS THROW (V-G)

HIGH JUMP (V-B)

**2:00 p.m.**

TRIPLE JUMP (V-B)

POLE VAULT (V-G)

**\* Coaches, we will stay as close to the schedule as possible.**