**Northridge / Black & Blue - Middle School Meet**

**WHERE:** Northridge High School, 2901 North Ridge Road, Tuscaloosa AL 35406

**WHEN:** 4:00 PM**, Thursday, March 12th**, 2020

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

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

Boys & Girls = $300. Please make checks payable to**: Northridge H. S. Track.**

Payments : Accept race day payments. Checks, Cash, or **must have a signed**

**purchase order with P.O. number in order to compete.**

**ENTRY LIMITS:**  Teams may have unlimited entries, 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 3 events.**

**ENTRY PROCESS:** Entries by al.milesplit.com must be received by Monday**, March 9th .**

**This website will guide you through the process**

**ENTRY DEADLINE:** All entries must be submitted by **midnight on Mon., Mar. 9th.** No additions or changes! Substitutions can be made the day of the meet, but the names will remain the same in the computer.

**SCORING:** Team scoring will be in accordance with NFHS rule 2-2 for less than 7 teams competing and 10-8-6-5-4-3-2-1 for seven or more teams competing.

**AWARDS: Trophies** will be given to the 1st , 2nd and 3rd place teams in both divisions; Medals will be given to top 3 finishers in each event.

**TRACK:**  8-lane all-weather

**CONCESSIONS:** Full concessions will be sold.

**MEET RULES:** The meet will be conducted under NFHS Rules and in accordance with the AHSAA **Spring Sports Book. Jr. High - 3 events per Athlete**.

**HEAT SHEETS:** Heat sheets will be available at the meet.

**ADDITIONAL 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)**.**

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**Thursday, March 12, 2020**

**ORDER OF EVENTS**

| **RUNNING EVENTS**  ***-rolling schedule; no events will be started after 7:55 PM-***  **(for each event, order of divisions is indicated, all heats are finals)** | | |
| --- | --- | --- |
| ***Time*** | ***Event*** | ***Notes*** |
| *4:00 PM* | *3200-m Relay- 4 x 800 (MSG, MSB)* |  |
|  | *100-m Hurdles (MSG), 110-m Hurdles (MSB)* | *30" & 33”* |
|  | *100-m Dash (MSG, MSB)* |  |
|  | *1600-m Run (MSG, MSB)* |  |
|  | *400-m Relay – 4 x 100 (MSG, MSB)* |  |
|  | *400-m Dash (MSG, MSB)* |  |
|  | *300-m Hurdles (MSG, MSB)* | *30"* |
|  | *800-m Run (MSG, MSB)* |  |
|  | *200-m Dash (MSG, MSB)* |  |
|  | *1600-m Relay - 4 x 400 (MSG, MSB)* |  |

| ***FIELD EVENTS***  ***-rolling schedule; no events will be started after 7:55 PM-***  **Three attempts, except for high jump and pole vault.**  **starting heights indicated for high jump & pole vault** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ***Time*** | ***High Jump*** | ***Long Jump*** | ***Triple Jump*** | ***Pole Vault*** | ***Shot Put*** | ***Discus Throw*** |  |
| *4:00 PM* | *MSG (3-10)* | *MSB* | *--* | *MSG (5-0)* | *MSB (4 kg)* | *MSG (1 kg)* |  |
| Will follow | *MSB (4-4)* | *MSG* | *MSB* | *MSB (6-0)* | *MSG (4 kg)* | *MSG (1 kg)* |  |
| Will follow |  |  | *MSG* |  |  |  |  |