**2020 Metro HS Track & Field Championships Tuesday & Wednesday April 14- 15, 2020 at James Clemens H.S.** All Public & Private Huntsville, Madison & Madison County AHSAA High Schools Host School James Clemens High School AHSAA Sanctioned

**Dates**: Tuesday April 14 3:00 pm- 8:30 pm & Wednesday April 15 3:00 pm- 9:00 pm

**Time:** 3:00 pm for field events, 3:00 pm for track events

**Schedule of Events:** see page 2. All running events on a rolling schedule.

**Host School & Meet Site:** The host school is James Clemens High School The meet site is at James Clemens H.S. in Madison.

**Entry Fee:** The entry fee is $6.00 per athlete & $12.00 per relay. A fee of $50.00 will be billed to all schools that do not provide 2 volunteers per day to assist the AHSAA Officials or to help elsewhere where needed for the meet. Make checks payable to Metro Coaches track & field account. Pay at meet or mail to: TBA Metro Treasurer,

**Gate Fee:** An admission fee of $6.00 per day will be charged for all non- athletes. AHSAA Coaches & Officials must present card at Gate for FREE admission.

**Entries:** Championship format: 3 athletes per school per event and 1 relay team. All entries must be online via Alabama Runners (Mile Split).

**Entry Deadline:** Saturday, April 11, 2020 at 11:59 pm Central Time.

**Which Schools may Enter**: All Public & Private AHSAA member high schools from the City of Huntsville, the City of Madison and from Madison County.

**Awards**: Trophies for the top 3 teams and medals for the top 3 athletes per event. Top female & male point scorer will receive a personalized trophy with their name and school name as ‘Metro Track & Field Athlete of the Year’ plus 5x7 photo.

**Coaches & Officials Hospitality Table**: The Metro Coaches Association will provide submarine sandwiches & chilled bottled water for both days of competition. No athletes.

For more info: Meet Director Coach Drew Bell [james.bell@madisoncity.k12.al.us](mailto:james.bell@madisoncity.k12.al.us) 205-533-0636

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**2020 Metro HS Track & Field Championships Tuesday & Wednesday April 14- 15, 2020 at James Clemens H.S. MEET SCHEDULE**

**TUESDAY April 14**

**RUNNING EVENTS FIELD EVENTS**

3:00 pm 1500 meter race walk Final

4x100 relay Preliminaries (Pre) 3:00 pm Boys: Discus, Pole Vault, Long Jump 1600 meter Final 3:00 pm Girls: High Jump, Shot Put 400 meter Final 100/ 110 hurdles Pre 5:00 pm Boys: Shot Put 100 meter Pre 5:00 pm Girls: Long Jump 4x800 relay Final 200 meter Pre

Swedish Relay (100-200-300-400) Final

**WEDNESDAY April 15**

**RUNNING EVENTS FIELD EVENTS**

3:00 pm 4x100 relay Final

2000 meter steeple Final 3:00 pm Boys: Javelin, High Jump, Triple Jump 4x100 relay Final 3:00 pm Girls: Discus, Pole Vault 100/110 hurdles Final 5:00 pm Girls Javelin 100 meter Final 5:00 pm Girls Triple Jump 300 hurdles Final 3200 meter Final

200 meter Final 800 meter Final

Throwers 4x100 relay Final 4x400 relay Final All first marks will be measured for shot put, discus, javelin, long jump, triple jump. After that the following minimum standards for state 1A must be met to receive a measurement. Minimums: Boys Girls Shot Put 34’ 0” 26’ 0” Discus 90’ 0” 65’ 0” Javelin 115’ 0” 65’ 0” Long Jump 17’ 0” 13’ 0” Triple Jump 34’ 0” 26’ 0” Pole Vault 8’ 0” 6’ 0” High Jump 5’ 4” 4’ 2”

Running Event order will be girls followed by boys. In the event of cancelation due to bad weather the make- up will be on Thursday, April 16, 2020. For more info: Meet Director Coach Drew Bell [james.bell@madisoncity.k12.al.us](mailto:james.bell@madisoncity.k12.al.us) 205-533-0636