

Mountain Brook Invitational

Sponsored by



April 10-11, 2020

Mountain Brook High School
Birmingham, Alabama

Facility: Mountain Brook High School's track is eight lanes and consists of a Mondo surface. Additionally, all runways, with the exception of javelin are Mondo. All spikes must be ¼ inch or shorter. Spartan Stadium seats approximately 5000 with full restrooms and concessions.

Equipment: Starting blocks and implements in all field events are supplied. You may bring your own shots, discus, and javelins, but they will become property of the field.

Entries: There is no entry limit, however, only the top three individuals on a team in each event may score. Additionally, each school may only score one relay. A varsity participant can enter up to 4 events, including relays, while middle school may enter up to 3 events, including relays. An individual can compete in only one division. *Please be sure to enter all relay participants so that they will be assigned a bib number.* All entries will be done on line through www.alabamarunners.com. Please refer to the instructions found there.

Entry Deadline: The entry deadline is **Wednesday, April 8 at 9:59 PM!!!** No entries will be taken after that time.

Clerking: There will be no substitutions at the meet. **All runners must check in 30 minutes before their race or be scratched.** This will assure full heats.

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

Entry Fee: \$10.00 per athlete entered and \$10.00 per relay entered. Checks should be made payable to Mountain Brook High School. Maximum of \$600.00 per school.

Awards: Trophies to top 3 teams in each division. Awards will be given to the top 3 finishers in each event. Additionally, we will have a high point MVP in each division.

Rules: We will use the National Federation rulebook for any rule disputes.

Scoring: **Individual Events: 10-8-6-5-4-3-2-1 Relays: 20-16-12-10-8-6-4-2**

Field Events: Each jumper/thrower will have 3 attempts with the top 9 advancing from the trials to the finals. In the throws and horizontal jumps, the first mark will be measured, and then subsequent throws must meet the standards below. Middle School will be three attempts, no finals.

Clydesdale 4x100: We will have a non-scoring Clydesdale 4x100 on Saturday. Members must be thrower(who don't also sprint) and need to be above or close to 200lbs.

Opening	Event	VBoys	VGirls
Heights & Minimum Marks	Long jump	18'	14'
	Triple Jump	39'	31'
	High Jump	5'6"	4'6"
	Pole Vault	10' 6	8'
	Shot Put	40'	28'
	Discus	100'	75'
	Javelin	130'	85'

Mail entry fee to: Mountain Brook High School
Michael McGovern
3650 Bethune Drive
Birmingham, AL. 35223

MOUNTAIN BROOK INVITATIONAL

Sponsored by The Trak Shak

April 10, 2020

Friday Evening Session (VARSITY ONLY)

Running Events

4:15	4x 100m Relay	Prelims (Qualify 8)
4:50	2 Mile Run	FINALS ON TIME
6:05	400m Dash	Prelims (Qualify 8)
7:15	100m Dash	Prelims (Qualify 8)
7:55	110/100m Hurdles	Prelims (Qualify 8)
8:25	800m Dash	FINALS ON TIME
9:15	200m Dash	Prelims (Qualify 8)
10:00	300m Hurdles	Prelims (Qualify 8)

Field Events

4:30	Javelin	Varsity Boys
4:45	Long Jump	Varsity Boys
4:45	High Jump	Varsity Girls
4:45	Discus	Varsity Girls
5:30	Pole Vault	Varsity Boys
6:00	Shot Put	Varsity Boys
6:30	Triple Jump	Varsity Girls

April 11, 2020

Saturday Morning Session (MIDDLE SCHOOL ONLY)

Running Events

9:00	1 Mile Run	FINALS ON TIME
9:30	4 x 100m Relay	Prelims (Qualify 8)
9:45	400m Dash	Prelims (Qualify 8)
10:15	100m Dash	Prelims (Qualify 8)
11:00	110/100m Hurdles	Prelims (Qualify 8)
11:20	800m Dash	FINALS ON TIME
11:45	200m Dash	Prelims (Qualify 8)
12:15	300m Hurdles	Prelims (Qualify 8)

Field Events

9:00	Long Jump	Mid School Girls
9:00	Triple Jump	Mid School Boys
9:00	Discus	Mid School Girls
9:00	Shot Put	Mid School Boys
9:00	Pole Vault	Mid School Boys
9:00	High Jump	Mid School Girls
11:00	High Jump	Mid School Boys
11:00	Shot Put	Mid School Girls
11:00	Discus	Mid School Boys
11:00	Pole Vault	Mid School Girls
11:00	Long Jump	Mid School Boys
11:00	Triple Jump	Mid School Girls

Saturday Afternoon Session (MIDDLE SCHOOL AND VARSITY)

Running Events

3:00	4x100m Relay	FINALS
3:15	1 Mile Run (VARSITY)	FINALS ON TIME
4:35	400m Dash	FINALS
4:50	100m Dash	FINALS
5:00	100/110m Hurdles	FINALS
5:10	4 x 800m Relay	FINALS ON TIME
6:45	200m Dash	FINALS
6:55	300m Hurdles	FINALS
7:05	Clydesdale 4x100	EXHIBITION
7:10	4 x 400m Relay	FINALS ON TIME

Field Events

2:30	Discus	Varsity Boys
2:30	Shot Put	Varsity Girls
3:30	Long Jump	Varsity Girls
3:30	High Jump	Varsity Boys
4:00	Pole Vault	Varsity Girls
4:00	Javelin	Varsity Girls
4:00	Triple Jump	Varsity Boys