

Mountain Brook Invitational

Sponsored by



April 8-10, 2021

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:** In the varsity division, each school may enter three individuals per event and two relays. The middle school and JV divisions will be unlimited entries. A varsity and junior 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 al.milesplit.com.
THERE WILL BE A LIMIT OF 850 ATHLETES PER DIVISION.
- Entry Deadline:** The entry deadline is **Tuesday, April 6th at 9:59 PM!!!** No entries will be taken after that time.
- Clerking:** Heats will be formed before the meet and posted on Xpress Timing.
- 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:** In the the varsity division 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 and Junior Varsity 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 &	Long jump	18'	14'
Minimum	Triple Jump	39'	31'
Marks	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

THURSDAY, APRIL 8

JV SECTION

RUNNING EVENTS(Finals on time)

4:00	4x800m
5:00	100/110m Hurdles
5:15	4x100m
5:30	1 Mile Run
6:15	400m
6:45	100m
7:10	800m
7:40	300m Hurdles
8:00	200m
8:30	2 Mile Run
9:00	4x400

FIELD EVENTS

4:00	Long Jump(boys then girls)
	Triple Jump(girls then boys)
	Pole Vault(boys then girls)
	Javelin(girls then boys)
	Shot put(boys then girls)
	High Jump(girls then boys)
	Discus(girls then boys)

FRIDAY, APRIL 9

VARSITY ONLY

RUNNING EVENTS

4:15	4x100	Prelims(Qualify 8)
4:30	2 Mile Run	FINALS ON TIME
5:10	400m	Prelims(Qualify 8)
6:00	100m	Prelims(Qualify 8)
6:30	100/110m Hurdles	Prelims(Qualify 8)
7:00	800m	FINALS ON TIME
7:45	200m	Prelims(Qualify 8)
8:15	300m Hurdles	Prelims(Qualify 8)

FIELD EVENTS

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

SATURDAY, APRIL 10

MIDDLE SCHOOL SESSION

RUNNING EVENTS(Finals on Time)

8:00	4x800m
9:00	1 Mile Run
9:30	4x100m
9:45	400m
10:15	100m
10:45	100m/110m Hurdles
11:00	800m
11:30	200m
12:00	300m Hurdles
12:15	4x400m

FIELD EVENTS

9:00	Long Jumps(girls then boys)
	Triple Jump(boys then girls)
	Discus(girls then boys)
	Shot Put(boys then girls)
	High Jump(boys then girls)
	Pole Vault(boys then girls)

VARSITY SESSION

RUNNING EVENTS-All Finals

3:00	4x100m
3:15	1 Mile Run
4:00	400m
4:10	100m
4:20	100m/110m Hurdles
4:30	4x800m
5:15	200m
5:30	300m Hurdles
5:40	4x100m Clydesdale
5:45	4x400m

FIELD EVENTS

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