## HORNET LION INVITATIONAL SATURDAY, MARCH 26 HOSTED BY BAKER & FOLEY HIGH SCHOOLS MEET INFORMATION

FACILITY	used for the 1996 and long/triple jump pits of The shot put, javelin, videoboard/scoreboard	uth Alabama's track is an eight-lane, Mon l 2000 Olympic Games as well as multiple on the East and West sides of the inner tra and discus will be thrown on the infield.' rd and a state-of the-art sport lighting syste on the band practice field (southeast of the	e World Championships), with ick, a pole vault and a high jump pit. The facility also includes a em. Restrooms are available. All	
		ur athletes and guests <b>DO NOT JUMP O</b> hem to be removed from the premises. We		
ADMISSION	Admissions will be \$7	7 for ages 5 & up.		
PARKING	track facility. No veh	king may be limited. All vehicles should park in the Gamma Parking lot located north of the ck facility. No vehicles should park in the Mitchell Center parking lot or between the Mitchell nter and track facility.		
ENTRIES & SCORING	The top eight places will be scored, 10-8-6-5-4-3-2-1. Each team is allowed to enter up to four athletes per individual running event, two relay teams per relay event, and three athletes per field event. Only the top two individuals and one relay in each event will score. According to Alabama High School Athletic Association rules, varsity athletes are limited to four events. All entries will be done through <u>http://al.milesplit.us.</u> The website will guide you through the entry process. Go to the calendar section to find the meet.			
ENTRY DEADLINE	The entry deadline is Tuesday, March 22. Entries will be opened on February 7. Entries must be completed at <u>http://al.milesplit.com</u> . <b>There will be no additions or scratches after the deadline</b> . Substitutions can only be made during the coaches meeting for <b>entered</b> athletes. The names and seed times entered will remain the same in the computer.			
ENTRY FEE	The entry fee is \$175 per gender team. Checks should be made payable to Foley High School and may be mailed to the school or brought to the meet. Athletes will not be allowed to participate unless payment has been received. Packets will be given once payment has been received.			
TIMING	Fully automatic timing (FAT) will be available.			
AWARDS	Trophies (1 <sup>st</sup> and 2 <sup>nd</sup> Place) will be given to the top girls' and boys' teams.			
RULES	All AHSAA member schools are invited. AHSAA rules and sanctions will be strictly enforced. A mandatory coaches meeting will be held at 8:30a.m. Only <b>pyramid</b> spikes of <sup>1</sup> / <sub>4</sub> inch are allowed; any athlete found in violation of this rule will be disqualified from the event. All running events will be finals on time. A one-minute and a half rule will be enforced in all field events.			
EQUIPMENT	Starting blocks will be provided. Athletes will need to provide their own implements. Implement Certification will be held prior to the start of the meet in the track garage.			
APPEALS	Any appealable offense of a misapplication of an AHSAA rule must be given to the Meet Director in writing accompanied with \$25.00 within 30 minutes of the infraction. If the appeal is upheld, the appeal fee will be refunded.			
SANCTIONS	The meet is sanctioned by AHSAA for Alabama and bordering states.			
CONTACTS	Meet Director Shuan Dixon	Email: <u>mdixon@bcbe.org</u>	Contact: 251-222-4228	

## HORNET LION INVITATIONAL – MARCH 26

Running Events (FINALS ON TIME)				
9:00 AM	4 x 800m Relay			
10:00 AM	100m/110m Hurdles			
	4x100m Relay			
	1600m Run			
	100m Dash			
	400m Dash			
20 min Break				
	300m Hurdles			
	800m Run			
	200m Dash			
	3200m Run			
	4 x 400m Relay			

Field Events (3 ATTEMPTS NO FINALS)				
9:00 AM	Boys Javelin followed by Girls			
	Girls Shot Put followed by Boys			
	Girls Long Jump (West Runway)			
	Boys Triple Jump (East Runway)			
10:00 AM	Girls Pole Vault followed by Boys			
	Boys High Jump followed by Girls			
15 min	Girls Triple Jump (West Runway)			
after Long	Boys Long Jump (East Runway)			
Jump				
After completion of Girl TJ and Boys LJ (for				
safety reasons)				
	Girls Discus followed by Boys			

\*Rolling Schedule; Girls, followed by Boys

## **Starting Heights and Minimum Measurements**

All first attempts will be measured. After that, the minimum standard will be used. Each athlete will be granted 3 throws or horizontal jumps (excluding high jump and pole vault) with no finals. In the throwing events, a 2 + 1 format may be utilized.

	Boys	Girls
Long Jump	18'0"	14'0"
Triple Jump	38'0"	28'0"
High Jump	5'6"	4'6"
Shot Put	39'0"	27'0"
Discus	110'0"	75'0"
Javelin	110'0"	70'0"
Pole Vault	9'0"	7'0"