

First Crack and Last Ditch JV Meets

December 8, 2021 and January 26, 2022

Entries: Entries are unlimited this year.

Entry

Deadlines: The entry deadline is Monday, December 6 and Monday, January 24 at 9:59 PM!!! No entries will be taken after that time.

Clerking: All heats will be formed in advance. Hip numbers will be used for all races on the oval.

Sanctions: The meet is sanctioned by AHSAA.

Entry Fee: Entry fees are \$15.00 per athlete/relay with a maximum of \$750.00 per school.

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

Field Events: Each jumper/thrower will have 3 attempts

Mail

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

Schedule of Events

TRACK EVENTS (Girls compete first in all events)

4:00 Rolling schedule

1600

400

60 Hurdles

60 Dash

800

4 x 200

FIELD EVENTS

4:00 High Jump—boys and girls on separate pits at same time

4:00 Girls Shot put/ followed by boys shot put

4:00 Long Jump—boys and girls on separate pits at same time

4:00 Pole Vault—boys and girls on separate pits at same time

Triple Jump immediately follows long jump

Additional IMPORTANT information:

ALL TEAMS WILL BE EXPECTED TO PROVIDE VOLUNTEER COVERAGE FOR ONE FIELD EVENT! THERE WILL BE AN OFFICIAL, BUT YOU WILL HAVE TO PROVIDE RAKERS, MARKERS, ETC.

Additional IMPORTANT information:

****Parking is \$5 at The CrossPlex for this event. The City of B'ham collects this parking fee. Parking in the shopping center lot and walking to The CrossPlex will get your car towed.**

****This is a high school sanctioned event. Only member schools may participate. Track Clubs and unattached athletes are NOT allowed to participate.**

**LOCATION: The CrossPlex is located in Birmingham, Alabama at 2340 Crossplex Blvd, 35208
Take I-20/59 to exit #120. Go south for 1 mile and The CrossPlex is on your left.**

Indoor Track Season 2021-22 Modifications/Changes

With Covid-19 still a concern for the indoor winter sports, adjustments are necessary. The indoor season will include as many athletes as possible that desire to participate, but with that will come changes. The biggest concerns that are addressed with these changes are total numbers of people in the facility at one time and keeping athletes distanced from each other as much as possible. The objective is not to have any clusters of athletes and to have athletes near each other when necessary for no more than 10 minutes at a time. Less is better. With this in mind, the following are some requirements necessary to reach our goals.

Doors will open when the Crossplex is done disinfecting everything and no more than 30 minutes before the event is to start.

All spectators and athletes must wear a mask at all times (Unless competing) while inside the Crossplex as long as this is the City of Birmingham policy.

Only essential personnel are allowed on the Mondo surface. This would include competing athletes, officials, volunteers and coaches in coaching boxes(limit of one per school per box). Spectators, multiple coaches from the same school, college coaches and non-competing athletes are not allowed on the Mondo surface.

Athletes are encouraged to warm-up outside unless there is inclement weather. If there is inclement weather, other arrangements will be made (If the bb arena is available).

The interior warm-up track will be monitored so that only the athletes who are in the next competition will be allowed in that area. Example: if girls are running the 60 dash, only 60 dash boys will be allowed in the warm-up track. There will be no loitering in the warm-up area. This is for the final phase of warm-ups and is not intended to be a place to do an entire warm-up. (i.e--if it takes an athlete 45 minutes to warm-up, they need to do at least the first 30 minutes outside)

Athletes will be expected to know their heat and lane assignments. Heat sheets will NOT be posted this year. All this information is available on-line @ xpresstiming.com or al.milesplit.com.

All results can be found on-line as well. Results will NOT be posted after the competition.

Officials will line up athletes when they are 5 minutes away from competition to alleviate large numbers of athletes waiting in the corals for a long period of time. Numbers will be handed out to the athletes in the corals. Athletes will NOT have to get their number prior to this time, but the athlete will need to know what lane they have been assigned so they get the correct number. The official will NOT have time to look up this information for the athlete.

Athletes should have their mask on until they are in their lane on the track. At the starting line they may remove the mask and the athlete is REQUIRED to carry the mask during competition. Immediately after the competition the athlete should put their mask on. Failure to have the mask after competing will result in disqualification from the event.

After finishing a dash race, the athlete will immediately exit the Mondo surface to the left and not go back toward the clerking area.

After finishing a race on the oval, athletes will remain on the inside of the track near the finish of the dashes. After the next race has started, the athletes will then exit the track near the long jump pit and then immediately exit the Mondo surface without heading back toward the clerking area.

When an athlete and/or their team is finished competing for the day, they need to leave the Crossplex ASAP.

There MAY NOT be any water coolers available at the Crossplex. Athletes should bring their own personal containers of water or purchase it from the concession stand. Because of Covid, sharing of drink containers is strictly forbidden.