

**Alabama Middle School Indoor Track & Field 2021-22**  
**Meet #3      Jan. 13, 2022      4PM      Birmingham CrossPlex**

Facility and Admission	6 lane hydraulic banked track. Timing is FAT by XPRESS Timing. There will be a parking and gate charge for all people entering the CrossPlex without an AHSAA coaches card. That charge amount is determined by the CrossPlex and the Birmingham City Schools Athletics Department. Masks are currently required.
Equipment	Starting blocks and shots will be provided. Please leave yours at home. You must provide your own batons for the relays and poles for pole vault.
Entries and Registration	Unlimited entries per team. Unlimited relays. Limit of 2 events per athlete (including relays). Registration is online at <a href="http://al.milesplit.com">http://al.milesplit.com</a> . You must set up your team's roster on this site. Please follow directions posted on the site. Deadline to register is <b>TUESDAY, JAN. 11 @ MIDNIGHT</b> . No late entries will be accepted.
Entry Fee	<b>Teams are expected to provide 2-4 volunteers</b> to work a field event instead of paying entry fees. But if needed, entry fee is \$10 per athlete. There is a maximum fee of \$300 per school. <b>Schools may waive all fees by providing 2-4 adult workers to work the meet. These workers must still pay the parking and gate fees.</b> They are working to waive their school's fee – they are not working to waive their own admission fee.  Checks or a copy of the purchase order for the meet fee are to be brought to the meet. Without a check or a PO, non-paying schools/teams will not be allowed to participate. These fees must be paid before future entry into later meets. See contract information at registration site for explanation and greater detail. Schools can mail checks to Birmingham City Schools. If mailed, bring the PO for verification. No "check is in the mail" explanations are allowed.
Entry Deadline	<b>TUESDAY, JAN. 11 @ MIDNIGHT</b> No entries will be accepted after that time.
Sanctioning	Sanctioning is not required as there are no awards or team scores.
Verification of Entry	Bring a printout of your entries to the meet. This will serve as your entry verification.
Clerking/Scratches	There are no additions and substitutions at the meet. All runners must check in at the clerk when called. After the final call, athletes will be scratched. All field events will check in at that field event. Athletes must wear their masks until they warm up/compete.
Rules	We will use NFHSA and AHSAA rules.
Field Events	For Horizontal Events (Shot Put, Long Jump): Flight sheets will be used from best to worst. Athletes will be allowed to jump and/or put out of flight order but only in either the first flight or the last flight. This is to allow athletes with conflicting events to jump and/or put around their running event. Athletes will be allowed to do their 3 attempts consecutively if needed.  For Vertical Events (Pole Vault, High Jump): We will run 2 pits. Athletes who leave to compete in other events and return, will jump at that current height.
Appeals	Any appeal must be given to the meet referee in writing, accompanied with a \$25.00 fee within 30 minutes of the infraction. If the appeal is upheld, the money will be refunded. Appealable offenses are misapplication of ASHAA and NFHSA rules. Judgment calls cannot be appealed.
Location	Birmingham CrossPlex. 2331 Bessemer Road Birmingham, AL 35208 Take I-20/59 to exit #120. Go south for 1 mile. The CrossPlex is on your left.
Contact	Meet Directors: Jason Williams <a href="mailto:williamsjm@vestavia.k12.al.us">williamsjm@vestavia.k12.al.us</a>

Schedule of Events:

**TRACK EVENTS (Girls compete first in all events)**

1600  
400  
60M Hurdles  
60M Dash  
800  
4x200M Relay

**FIELD EVENTS**

High Jump (2 pits, girls and boys at separate pits)  
Pole Vault (2 pits, girls and boys at separate pits)  
Long Jump (2 pits, girls and boys at separate pits)  
Boys Shot Put, followed by Girls Shot Put

Additional Information:

1. Each team should be prepared to provide 2-4 capable adult volunteers to work one field event for the duration of that field event. Teams who do not provide adequate workers and who do not pay the \$300 fee will not be allowed to participate.
2. Coaches cards will be checked at the gate. Adults who do not have a valid coaches card will be charged the gate fee, even volunteer workers.
3. ¼ " Pyramid Spikes only. No other spikes are allowed. Athletes must have their spikes checked before competing. Spikes that do not meet regulation will not be permitted in competition.
4. Gate fee is \$8 per person, even volunteer workers. You must purchase your tickets at gofan.co. No cash is accepted.
5. Parking is \$5. The City of Birmingham collects this money. Parking in the shopping center across the street is not allowed – violators will be towed. Even volunteer workers must pay for parking.
6. Masks are currently required in the CrossPlex.
7. Concessions will be available. Prices vary. No outside food/drinks are permitted in the CrossPlex.
8. A swimming meet may take place at the same time as the Track & Field meet. Plan accordingly.
9. Only AHSAA member schools may participate. Track Clubs, unattached athletes, and non-member schools are not eligible to compete.
10. This is an ALABAMA MIDDLE SCHOOL only meet. Only eligible ALABAMA 7<sup>th</sup> & 8<sup>th</sup> Graders are allowed to compete.

**2021-2022 GOLD STANDARD  
MIDDLE SCHOOL CHAMPIONSHIP  
THURSDAY, JAN. 20, 2022  
EVENT STANDARDS**

<b>EVENT</b>	<b>GIRLS</b>	<b>BOYS</b>
60M	9.0	8.15
400M	1:12	1:02
800M	2:55	2:35
1600M	6:25	5:40
60M HURDLES	12.50	11.25
HIGH JUMP	4'2"	4'8"
LONG JUMP	12'0"	14'6"
<b>Minimums</b>	8'0"	10'0"
Athletes will have 3 jumps. The first jump will be marked. The 2 <sup>nd</sup> and 3 <sup>rd</sup> jumps must meet the minimum standard to be marked.		
POLE VAULT	6'0"	6'6"
SHOT PUT	25'0"	30'0"
<b>Minimums</b>	15'0"	18'0"
Athletes will have 3 attempts. The first put will be marked. The 2 <sup>nd</sup> and 3 <sup>rd</sup> puts must meet the minimum standard to be marked.		
4X200M RELAY	ONE RELAY PER SCHOOL	

In the horizontal events (Long Jump and Shot Put), athletes will have 3 jumps. The first jump will be marked. The 2<sup>nd</sup> and 3<sup>rd</sup> jumps must meet the minimum standard to be marked.

Athletes must meet the Gold Standard(s) in each event during the 3 regular season meets to qualify to compete in the Alabama Gold Standard Championship meet.

Athletes may only compete in 2 events during the 3 regular season meets (including relays).

Athletes do not have to qualify for the relays. All teams can enter multiple 4x200M Relay teams in the 3 regular season meets.

Teams can enter only 1 relay team for the Gold Standard Championship. These relay athletes do not have to qualify in an open event during the regular season to compete in the 4x200M Relay at the Gold Standard Championship.

Athletes can compete in the Gold Standard Championship meet in no more than 3 events provided they qualified in 3 events during the regular season.

3 events maximum per athlete for the Gold Standard Championship (relays count as an event). An athlete can compete in 3 open events in which they qualified (no relay), or can compete in 2 open events in which they qualified plus the relay (3 events). Athletes cannot compete in 3 open events AND the 4x200M relay.

The 4x200M Relay is run on a "3-turn Stagger." Meaning the first runner runs in her/his assigned lane for 200M, then hands off to the 2<sup>nd</sup> runner in the same assigned lane. 2<sup>nd</sup> runner stays in assigned lane through the curve, then can break inside past the cones leading to the straightaway. 2<sup>nd</sup> runner hands off to the 3<sup>rd</sup> runner in the lower exchange zone, who then runs inside. 3<sup>rd</sup> runner hands off to the 4<sup>th</sup> runner in same lower exchange zone, who then runs inside to finish. Please communicate this to your athletes. Meet officials are not there to coach athletes on how to officially run this race.