

FOLEY LION INVITATIONAL

SATURDAY, MARCH 25

HOSTED BY FOLEY HIGH SCHOOL

MEET INFORMATION

FACILITY	<p>The University of South Alabama's track is an eight-lane, Mondo-surfaced track (same surface as used for the 1996 and 2000 Olympic Games as well as multiple World Championships), with long/triple jump pits on the East and West sides of the inner track, a pole vault, and a high jump pit. The shot put, javelin, and discus will be thrown on the infield. The facility also includes a videoboard/scoreboard and a state-of-the-art sport lighting system. Restrooms are available. All tents must be set up on the band practice field (southeast of the stadium) at the top of the hill.</p> <p>Please ensure that your athletes and guests DO NOT JUMP OVER FENCES at the meet. That behavior may cause them to be removed from the premises. We as guests and we WILL adhere to their facility rules.</p>
ADMISSION	Admissions will be \$7 for ages 5 & up. All admissions must be paid on GoFan.
PARKING	Parking may be limited. All vehicles should park in the Gamma Parking lot located north of the track facility. No vehicles should park in the Mitchell Center parking lot or between the Mitchell Center 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 http://al.milesplit.us . 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 21. Entries will be opened on January 9, 2023. Entries must be completed at http://al.milesplit.com . There will be no additions or scratches after the deadline. Substitutions can only be made during the coaches meeting for entered 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 st and 2 nd 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 pyramid spikes of ¼ 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: mdixon@bcbe.org Contact: 251-222-4228

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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 after Long Jump	Girls Triple Jump (West Runway) Boys Long Jump (East Runway)
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	19'0"	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"