

Northridge – Black & Blue Invitational

February 25, 2023

- FACILITIES:** “NEW” 8 - Lane Track, 1/4 inch spikes maximum, Multi-directional runways.
- DATE:** Saturday, February 25, 2023.
- ENTRY RULES:** The meet will host both **Varsity “A”** and **Junior Varsity “Others”** divisions. Teams may enter 3 athletes in individual events and 1 relay teams in the Varsity division, in the JV division you may enter up to 5 athletes in individual events and 2 relay teams per relay per school. * ***In order to enter the JV division, you must have athletes entered in the Varsity team divisions.*** **Each athlete may participate in only 4 events.**
- MEET CONDUCTION:** All individual running events will be held as finals on time. We will seed according to entry times. Please be as honest as possible. In the LJ, TJ, SP, DT and JT, we will give all athletes **(3) attempts** with **NO Finals**.
- ENTRY FEE:** \$ 200.00 per team – “Varsity” **Entries** (Boys & Girls are separate teams). Boys & Girls Teams together = \$400.00
\$ 100.00 per team – “Junior Varsity” **Entries** (Boys & Girls are separate teams). Boys & Girls Teams together = \$200.00

Please make checks payable to: **Northridge H. S. Track.**
Payments: Accept race day payments. Checks, Cash, or **must at least have a signed purchase order with P.O. number, in order to compete.**
- ENTRY DEADLINE:** All entries will be done online @ al.milesplit.com (Alabama Runners) and must be entered by Wednesday, February 22nd.
- MEET DIRECTOR INFO:** Jeff Sparks, Northridge H. S., 2901 Northridge Road, Tuscaloosa, AL 35406. (Cell): (205) 792-1804, **(H):** 553-8775, **(O):** 759-3590.
My email address: jsparks@tusc.k12.al.us.
- TIMING:** Xpress Timing at xpress28@aol.com (Dan Passen & Team)
- SCORING:** Team scoring will be 10 - 8 - 6 - 5 – 4 - 3 - 2 - 1 for all events.
- AWARDS:** Trophies will be given to first, second and third place teams overall in each division. Awards will be given to the top three places in all events, including relays. ***Pick-up your schools awards at the end of the meet in the Press Box.***
- MEET RULES:** The meet will be conducted under National High School Federation Rules and in accordance with the Alabama High School Athletic Association spring sports book.
- HEAT SHEETS:** Performance List will be available online at al.milesplit.com prior to the start of the meet. Heat sheets will be available for coaches prior to the start of the meet and posted for the athletes at the meet. Results will be at al.milesplit.com following the completion of each event.

Northridge High School

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Saturday, February 25th, 2023

Schedule of Events

Running Events:

Saturday, February 25th, 2023

10:00a.m. START

4 x 800 METER RELAY (JVG, JVB, VG, VB) ^ FINALS ^
100 METER LOW HURDLES 33" (JVG, VG) ^ FINALS ^
110 METER HIGH HURDLES 39" (JVB, VB) ^ FINALS ^
100 METER DASH (JVG, JVB, VG, VB) ^ FINALS ^
1600 METER RUN (JVG, JVB, VG, VB) ^ FINAL
400 METER DASH (JVG, JVB, VG, VB) ^ FINALS ^
4 X 100 METER RELAY (JVG, JVB, VG, VB) ^ FINALS ^
800 METER RUN (JVG, JVB, VG, VB) ^ FINALS ^
200 METER DASH (JVG, JVB, VG, VB) ^ FINALS ^
300 METER INTERMEDIATE HURDLES 30" (JVG, VG) ^ FINALS ^
300 METER INTERMEDIATE HURDLES 36" (JVB, VB) ^ FINALS ^
3200 METER RUN (JVG, JVB, VG, VB) ^ FINALS ^
4 X 400 METER RELAYS (JVG, JVB, VG, VB)
TEAM AWARDS

Field Events:

9:30 a.m.

LONG JUMP (JVB & VB)
SHOT PUT (JVB & VB)
TRIPLE JUMP (JVG & VG)
JAVELIN THROW (JVG, VG)

11:30 a.m.

POLE VAULT (JVB & VB)
HIGH JUMP (JVG & VG)
SHOT PUT (JVG & VG)
DISCUS THROW (JVB & VB)

1:30 p.m.

LONG JUMP (JVG & VG)
JAVELIN THROW (JVB & VB)
DISCUS THROW (JVG & VG)
HIGH JUMP (JVB & VB)

2:00 p.m.

TRIPLE JUMP (JVB & VB)
POLE VAULT (JVG & VG)

*** Coaches, we will stay as close to the schedule as possible.**