



3A SECTION 2 STATE QUALIFIER;



6A SECTION 1 STATE QUALIFIER

WETUMPKA HIGH SCHOOL TRACK & FIELD

(Wetumpka Sports Complex)

2350 Coosa River Pkwy, Wetumpka, AL 36092

2023 Friday April 28 & Saturday April 29





ENTER TEAM ENTRIES www.alabamarunners.com

Each school may enter three participants in each event and one team relay in each relay event.

The section entry fee is \$150 per boys' team and \$150 per girls' team. (\$300 TOTAL PER SCHOOL)

Entry fee is \$20 per individual for four or less entries. Coaches Meeting at 9:30 a.m.

Send or bring check to the meet

Wetumpka High School c/o Track and Field 1252 Coosa River Parkway, Wetumpka, AL 36092

Admission: \$7 per day *Friday and Saturday (Go Fan only!)*

2023 Friday April 28

FIELD EVENTS SCHEDULE

10:00 a.m.

3A Boys Long Jump

3A Girls Discus

3A Girls High Jump

6A Girls Long Jump

11:40 a.m.

6A Girls Discus

3A Boys High Jump

3A Girls Pole Vault

12:45 p.m.

3A Girls Triple Jump

6A Boys Discus

6A Girls Pole Vault

2:05 p.m.

3A Boys Discus

6A Boys Triple Jump

2023 Friday April 28

RUNNING EVENTS SCHEDULE

11:00 4x100 Relay

11:20 1600 Meter Run

11:45 400 Meter Dash

12:15 100m/110m Hurdles

1:15 100 Meter Dash

2:05 4x800 Meter Relay

3:00 200 Meter Dash

Prelims

Finals

Finals

Prelims

Prelims

Finals

Prelims

2023 Friday Day#1> FIELD EVENTS and RUNNING EVENTS should conclude by 4:30p.m.

2023 Saturday April 29

FIELD EVENTS SCHEDULE

9:00 a.m.

3A Girls Javelin

6A Boys Shot Put

3A Girls Long Jump

6A Boys Long Jump

6A Girls High Jump

10:30 a.m.

6A Girls Javelin

3A Boys Shot Put

6A Boys Pole Vault

12:30 p.m.

6A Girls Shot Put

3A Boys Javelin

6A Boys High Jump

1:45 p.m.

3A Boys Pole Vault

6A Boys Javelin

6A Girls Triple Jump

3A Boys Triple Jump

3A Girls Shot Put

2023 Saturday April 29

RUNNING EVENTS SCHEDULE

10:00 3200 Meter Run

11:30 4x100 Relay

12:25 100m/110m Hurdles

1:00 100 Meter Dash

1:25 300 Meter Hurdles

2:00 200 Meter Dash

2:15 800 Meter Run

2:55 4x400 Relay

Finals

Finals

Finals

Finals

Finals

Finals

Finals

Finals

2023 Saturday Day#2> FIELD EVENTS and RUNNING EVENTS should conclude by 4:30p.m.

5:00 TEAM AWARDS CEREMONY



WETUMPKA HIGH SCHOOL TRACK & FIELD (Wetumpka Sports Complex)

2350 Coosa River Pkwy, Wetumpka, AL 36092

Friday April 28 & Saturday April 29

Facility: 8 lane new fast track.

Xpress Timing will be FAT.

Food Trucks / concessions will be sold. (Cash/cards)

Section Championship T-Shirts will be sold.

Admission

Friday \$7.00 (GO FAN ONLY)

Saturday \$7.00 (GO FAN ONLY)

Equipment Starting Blocks will be provided. All field implements (except Pole Vault poles) will become property of the field for the duration of the meet. Throwing implements will be weighed in the storage room near concessions. Implements not meeting the standard will be impounded.

Entries

ONLY 3 athletes per team will be allowed to enter an event. All entries online:

ENTER TEAM ENTRIES @ www.alabamarunners.com

THERE WILL BE NO ENTRIES ALLOWED after 11:59 p.m. CST Tuesday, April 25, 2023.

Entry Fee

\$150.00 per Team / \$300 per School

Mail checks:

(attention: Warren Brown)

Wetumpka HS 1251 Coosa River Parkway Wetumpka, AL 36092

Verification

Please bring a printout of your entries to the meet as verification.

*Please make sure
you list a **VALID**
email and cell phone*

Info Updates

www.alabamarunners.com

Order of Events

Order of Events on page 1 of this handout and

www.alabamarunners.com

Clerking

Check in at the clerking table (under the JC blue in the infield on the turff by the STARTING LINE 100M) when announced. Athlete(s) must check in by Third and FINAL call. First call @ 30 minutes before event; Second call @ 20 minutes before event; and Final call @ 10 minutes before event. If athlete is not checked in before final call the athlete will be scratched.

Field Events

Minimum distances can be found in the AHSAA Spring Sports Book and on the next page of this handout. In all Horizontal and Throwing events, athletes receive 3 attempts with the top 9 advancing to finals.

Scoring

10-8-6-5-4-3-2-1

Timing

Fully Automatic Timing (FAT)

Maximum

Spike Length

¼ inch pyramid (Strictly enforced)

*The Uniform rule will be **strictly** enforced.
All athletes, including throwing events,
must be in a school issued TRACK uniform.*

Awards

Trophies will be awarded to the top (2) teams in both the boys and girls divisions. Medals will be awarded to 1st, 2nd, and 3rd places for each event.



Appeals

Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 minutes of the infraction. If the appeal is upheld, then the money will be refunded. Appealable offenses are misapplications of NFHS rules. Judgment calls cannot be appealed. There will be a JURY OF APPEALS consisting of three members 3A; and three members 6A. Any appeal involving a specific classification will result in that member of the classification sitting out of the voting process.

Contact

Meet Director: Warren Brown Head Track & Field Coach Wetumpka High School

Email

Warren.brown@elmoreco.com

Cell: 334-430-7719

SECTIONAL NOTES 2023

1. Please go to www.ahsaa.com and click on Publications / Forms; click on Outdoor Track & Field book 2022 pgs. 8-11 for more details.

Automatic Top 5 individuals and Top 3 relay teams qualify for State PLUS four statewide wildcards based on state minimums.

A jump off will be required for any ties for 5th in the vertical jumps that meet the State Qualifying standard.

After section meets are completed, qualifying standards are applied to determine qualifiers for the state meet.

PLEASE review minimums:

FIELD EVENTS

Javelin		Discus		Triple Jump		Long Jump		Shot Put		HIGH JUMP		POLE VAULT	
Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
3A 65'	120'	65'	95'	26'	35'	13'	17'	26'	36'	4'02"	5'04"	7'00"	9'00"
6A 85'	130'	80'	115'	29'	40'	15'	19'	29'	40'	4'06"	5'04"	7'06"	10'06"

RUNNING EVENTS

300 Hurdles		400 Meters		800 Meters		1600 Meters		3200 Meters		4x400m Relay		4 x 800m Relay	
Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
3A 60.00	52.00	72.00	60.00	2:55	2:25	6:30	5:30	14:00	11:45	4:50	4:00	12:30	10:15
6A 53.00	45.00	62.00	53.00	2:30	2:05	5:45	4:45	12:45	10:30	4:45	3:40	11:00	9:00

2. All pole vault athletes MUST be weighed in and on the proper pole to compete.
3. All athletes must be in a school issued uniform for ALL events! Track uniforms cannot display other sports names example: James Clemens Football. Disqualification can result from the event due to improper uniform.
4. All coaches MUST wear their wristband for BOTH days to gain entry. Wristbands will NOT be re-issued.
5. There will be a \$25 protest fee that must be filed within 30 minutes of notification of disqualification (appealable offenses are misapplications of NFHS / AHSAA rules).
6. Athlete and coaches will be allowed on the interior of the track between the ropes and barrels. **NO ATHLETES / COACHES IN JAVELIN AREA. THIS IS A RESTRICTED AREA. NO ATHLETES OR COACHES MAY CROSS THE JAVELIN RESTRICTED AREA AT ANY TIME!**

ONLY athletes that have been called for may warm-up in the designated roped off warm-up area in the infield. **NO RUNNING ALONGSIDE TEAM MEMBERS THAT ARE COMPETING.** Athletes may ONLY exit the warm-up roped area when participating in the Javelin or High Jump or when the athlete(s) are being escorted to the starting line for a running event.

One coach from each team will be allowed in the LJ, TJ, HJ, and PV

coaching boxes.

NO ATHLETES or COACHES on the INFIELD!!!!

7. Warm-ups can also be done on Baseball Fields/Soccer fields outside of the track complex.
8. Check in @30 minutes / 20 minutes and final call 10 minutes before event. Event will then be closed and athlete will be scratched. All events will start at scheduled time.
9. Three attempts in field event prelims: Top 9 advance to
finals for three additional attempts.
10. No one is allowed on the track during running event that is not currently in race.
11. ****In case of inclement weather ----the Schedule of events will be on a ROLLING SCHEDULE!**
12. In case of inclement weather, all athletes will move across the hill into the activity center and locker rooms.

For more information:

Coach Warren Brown

Cell #: 334-430-7719

Warren.brown@elmoreco.com