

2026 Paul W. Bryant Invitational
Saturday, February 28, 2026

CONTACT PERSON: Sharday Branch, Head Coach Paul W. Bryant HS, Cell: 205-886-2880, Email: sbranch@tusc.k12.al.us or sbranch394@gmail.com

LOCATION: Paul W. Bryant HS – 6315 Mary Harmon Bryant Drive, Cottondale, AL 35453

FACILITIES: 8 - Lane Track, ¼ inch spikes maximum.

ENTRY RULES: Teams may enter unlimited entries in individual events. Entry limit for relays will be three, **(one team entry for thrower's 4x100 and mixed 4x400)**. Only the top three individuals per school will be scored in individual events and only one relay per school in the relay events. Each high school athlete may participate in ONLY four events (including relays).

MEET CONDUCTION: All running events will be held as finals against 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 three attempts, no finals.

ENTRY FEE: \$20 per athlete/\$20 per relay/Up to \$250 per gender team. (Up to \$500 per school boys & girls). Teams can enter on [AlabamaRunners](https://alabam runners.com). Please make checks payable to: Paul W. Bryant HS Track, 6315 Mary Harmon Bryant Drive, Cottondale, AL 35453. *Payments: Checks, Cash, or must have a signed purchase order with P.O. number in order to compete.*

ENTRY DEADLINE: All entries must be received by Thursday, February 26th at 11:59 PM. Late entries will not be accepted.

TIMING: [Xpress Timing](https://xpresstiming.com) - paul.xpresstiming@gmail.com

SCORING: Team scoring will be 10 - 8 - 6 - 5 - 4 - 3 - 2 – 1. Scoring will be 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 for all individual events & relay races.

AWARDS: Trophies will be given to 1st and 2nd place teams in each division. Medals will be given to the top three overall finishers in each event.

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: Heat sheets will be available for coaches and athletes online. Live Results will also be posted following the completion of each event.

APPEALS: A protest fee of \$25 must be submitted for any appeal of a ruling. Referee judgment calls cannot be protested.

ADMISSION: \$12 admission (Tickets can be purchased at the gate, or on [GoFan](https://go fan.com)). AHSAA coaching card accepted. All athletes must have on uniforms to enter the meet.

SEVERE WEATHER: The games committee will determine whether the start of the meet should be delayed or if the meet should be canceled. If the meet is canceled after the start, all events completed will be totaled and the teams with the most points will receive the team trophies in each division.

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Schedule of Events

Meet time

9:00 AM – until

TRACK EVENTS: running order (Girls compete first in all running events), (rolling schedule)

9:30 AM 4 x 400m mixed relay **(Each relay team will consist of 2 boys and 2 girls; order: 1st & 3rd legs: boy, 2nd & 4th legs: girl)*
 4 x 800m relay
 100m hurdles
 110m hurdles
 100m dash
 1600m run
 400m dash
 4 x 100m thrower's relay
 4 x 100m relay
 800m run
 200m dash
 300m hurdles
 3200m run
 4 x 400m relay

FIELD EVENTS:

	Shot Put	Triple Jump	Pole Vault	High Jump	Long Jump	Discus	Javelin
9:00 AM	B	G			B	G	
Followed by	G	B			G	B	
11:30 AM			B	G			G
Followed by			G	B			B

*All times are approximate. Coaches, we will stay as close to the schedule as possible.