

**\*\*\*\*\*Drop off and Pick Up\*\*\*\*\***

- No school should arrive on Center Point High School campus prior to 2pm without notice.
- Teams should enter stadium on **FIELD HOUSE DRIVE not general admissions gate (see map below).**
- Buses arriving between 2pm-3:00pm should drop athletes off on **FIELD HOUSE DRIVE-** (rear of school) then park in designated areas only.
- Teams are requested to depart meet on **FIELD HOUSE DRIVE (not general admissions gate)**

**Time Schedule:**

**+Middle School:**

Team gate 2:30, Fan Gate: 3:00, 3:30 Coaches Meeting, 3:45 field event, and 4:00 running events

**+High School:**

Team gate 2:15, Fan Gate: 3:00, 3:00 Coaches Meeting, 3:15 field event, and 3:30 running events

\*\*\*Entry fees are due at Coaches meeting. You can submit a copy of your approved PO if check isn't ready. Roll will be call to ensure.

**Fee:** All entries will be made on-line on: [al.milesplit.us/](http://al.milesplit.us/)

+ **High School:** \$125 per gender (less than 5 athletes \$20.00 per athlete.) \$250 for girls' and boys' teams.

+ **Middle School:** \$100 per gender (less than 5 athletes \$20.00 per athlete.) \$200 for girls' and boys' teams.

Make checks Payable to Center Point High School Track and Field. Checks can be handed in at the Coach's Meeting or mailed to Center Point High School, ATTN: Track Office/ Coach Wilson, 1000 Eagle Dr., Center Point, Alabama 35215.

**\*\*Please have your bookkeeper place the name and the date of the actual meet on the check if paying with a check.**

\$6.00 spectator admission. We will use GoFan and sell tickets at the gate.

**\*\*\*CHANGE: All schools entered into the meet will be required to pay an entry fee. Cost for timing and officials are calculated based on the number of teams and athletes entered. If your team will not participate, it's your responsibility to remove the athletes and team before the meet's entry deadline. \*\*\*\*Failure to pay previous entry fees will bar your school from attending upcoming meets.**

**Entry:** Each team is allowed 5 per running event, 4 per field event, and 2 relay teams in each event; (Top 3 on each team can score; 1 relay per school can score) We have officials assigned to each field event and at least three of my high school kids to help. Coach your team and enjoy.

**Clerk:** We will not clerk. Ensure your athletes know their heat and lane assignments when they arrive at the start line. We will not formally stage by reading the heat sheets. 800m, 1600m, & 4x4 last legs will all require hip numbers that will be available center field. All information to include heat sheets, and results will be online. Results will be posted online immediately after completion of events.

This is a medal meet. Athletes will be called to press box to receive medals through-out the meet. They really love that.

Outside food and drinks are not allowed in the stadium. There will be concessions. A team cooler for water or Gatorade/Powerade will be allowed.

**Order of Events:** All races will be run in this order using a rolling schedule. **Javelin and Shot will go first, Discus starts at the conclusion of Javelin.**

High School Events:	Middle School Events
4x800 meter relay 100/110 meter hurdles 100 meter dash 1600 meter run 4x100 meter relay 400 meter dash TRACK BREAK 300 meter hurdles 800 meter dash 200 meter dash 3200 meter run 4x400 meter relay  <b>Field Events</b> Boys Javelin Followed by Girls Javelin Girls Shot Followed by Boys Shot  <b>**Completion of Javelin Starts Discus**</b> Boys Discus Following by Girls Discus  Boys HJ Followed by Girls HJ Girls LJ Followed by Girls TJ Boys TJ Followed by Boys LJ Girls Pole Vault Followed by Boys Pole Vault	100 and 110 hurdles 4x100 meter relay 400 meter dash 1600 meter run 100 meter dash TRACK BREAK 300 meter hurdles 800 meter run 200 meter dash 4x400 meter relay  <b>Field Events</b> Boys Javelin Followed by Girls Javelin Girls Shot Followed by Boys Shot  <b>**Completion of Javelin Starts Discus**</b> Boys Discus Following by Girls Discus  Boys HJ Followed by Girls HJ Girls LJ Followed by Girls TJ Boys TJ Followed by Boys LJ Girls Pole Vault Followed by Boys Pole Vault

• **Track etiquettes-**

- Coaches may not enter athletes in field events they have not practiced. This violates AHSAA bylaws. Athletes who show up at an event who don't know how to do it will not be allowed to compete.
- An athlete competing in more than allowed events will be disqualified from all events and Coach reported to AHSAA. High School 4 events, and Middle School 3 events per athlete.
- Teach athletes to read heat sheets for heat/lane assignments and flights
- **Ensure athletes know heat/lane assignments before approaching the start line. (We do not clerk)**
- Remove athletes from meets that you know are not competing.
- Athletes will be permitted "run-throughs" from their starting mark/number, and can adjust their starting mark/number if necessary. But no run-backs are allowed.
- No jumping fence- School warning followed by dismissal
- **No Running with or Pacing runners/relays. Disqualification**
- No profanity- School warning followed by dismissal
- No hanging out in concession stands area or restroom area. Will be asked by security to return to the bleachers
- **We have implemented a one gate system to control access to the competition area. Athletes are not allowed to hangout or camp inside the competition area. KEEP YOUR ATHLETES IN THE STANDS.**
- Coaching Boxes are for Coaches only. Please do not harass our officials or timers.
- No **IMPLEMENTS** will be provided. Schools will have to have **THEIR OWN** equipment for shot-put, discus, javelin, and pole.

- Minimums at field events: For all horizontal events, athletes will have their first attempt marked. After that, they must jump/throw beyond the minimum standard. All 2nd & 3rd attempts below the minimum will not be marked. Vertical events will have minimum opening heights. See next slide:

Middle School Girls/Boys	High School Girls/Boys
Shot 20' 25'	Shot - 25'0, 35'0
Discus 40' 65'	Discus - 65'0, 80'0
Turbo 40' 60'	Javelin - 60'0 , 90'0
High Jump - 4', 4'6"	High Jump – 4'4" , 5'0"
Long Jump 12' 15'	Long Jump - 15'0 , 18'0
Triple Jump Tape, Chalk, or board for girls @ 18' & 24, boys @ 24' & 32	Triple Jump board for girls @ 24' & 32, boys @ 32' & 36.
	Pole Vault - 6" , 7"

\*Triple Jump: If they cannot make the pit from minimum marks, they will not be allowed to jump.

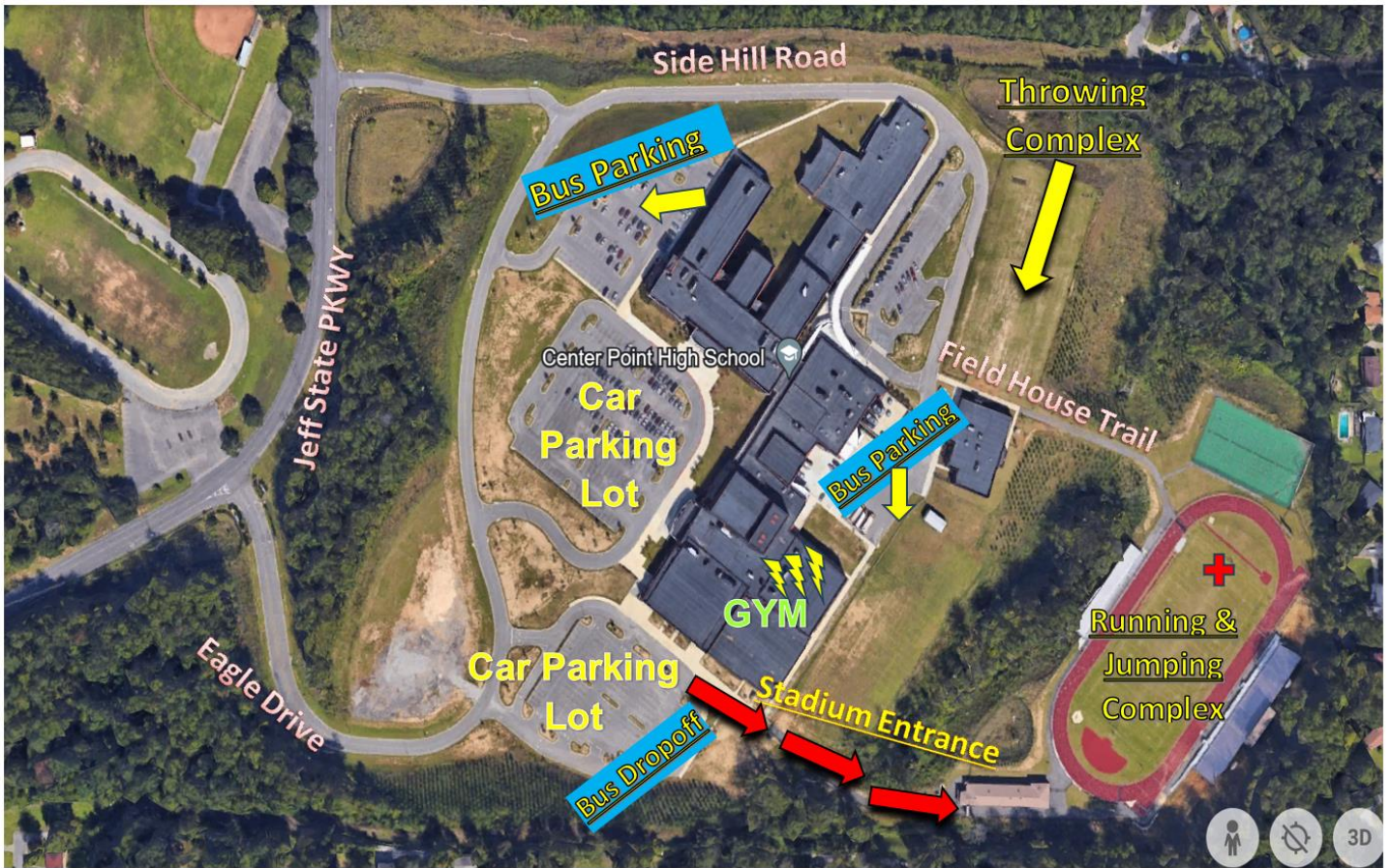
\*Shot Put Weights-HS Boys (12lb), HS Girls (4k), MS Boys (4k), MS Girls (6lb)

\*Discus Weights-HS Boys (1.6k), HS Girls (1k), MS Boys (1k), MS Girls (1k)

\*Javelin Weights: HS Boys (800g), HS Girls (600g), MS Boys 400g Turbo, MS Girls 300g Turbo

\*No IMPLEMENTS will be provided. Schools will have to have THEIR OWN equipment for shot-put, discus, javelin, and poles.

Any questions text or call me 205-401-6867



1. Drop off athletes on STADIUM ENTRANCE side
2. Park buses in designated areas
3. Throws are up the hill on the Throwing Complex
4. Boys Long and Triple jumps are on the north side with the pole vault
5. Girls Long and Triple jumps are on the south side with the high Jump
6. Inclement weather fall out shelter is the GYM.
7. Athletic trainer is located in the North Endzone