

## First Crack and Last Ditch JV Meets

December 10, 2025 and January 21 2026

Entries: **Entries are unlimited this year, but please note that this is a JV MEET. Do not send your varsity athletes or any athletes that you expect to qualify for state.** Our JV meets serve as an opportunity for those second tier athletes. It is not designed to take the place of a varsity invitational. If you enter varsity level athletes, they will be removed.

Entry Deadlines: The entry deadline is 9:59 PM on December 8 and January 19. No late entries will be taken.

Clerking: All heats will be formed in advance. Hip numbers will be used for all races on the oval.

Sanctions: The meet is sanctioned by AHSAA.

Entry Fee: Entry fees are \$15.00 per athlete/relay with a maximum of \$750.00 per school. ENTRY FEES ARE REQUIRED FROM ALL SCHOOLS AND WILL BE BASED OFF ENTRIES NOT THOSE THAT ACTUALLY COMPETE!

Rules: We will use the National Federation rulebook for any rule disputes.

Field Events: Each jumper/thrower will have 3 attempts

Mail

entry fee to: Mountain Brook High School  
Michael McGovern  
3650 Bethune Drive  
Birmingham, AL. 35223

### **Schedule of Events**

TRACK EVENTS (Girls compete first in all events)

4:00 Rolling schedule

1600

400

60 Hurdles

60 Dash

800

4 x 200

FIELD EVENTS

4:00 High Jump—boys and girls on separate pits at same time

4:00 Girls Shot put/followed by boys shot put

4:00 Long Jump—boys and girls on separate pits at same time

4:00 Pole Vault—boys and girls on separate pits at same time

Triple Jump immediately follows long jump

Additional IMPORTANT information:

**ALL TEAMS WILL BE EXPECTED TO PROVIDE VOLUNTEER COVERAGE FOR ONE FIELD EVENT! THERE WILL BE AN OFFICIAL, BUT YOU WILL HAVE TO PROVIDE RAKERS, MARKERS, ETC.**

