

Panther Prowl

April 2nd, 2026

- FACILITIES:** “NEW” 8 - Lane Track, 1/4 inch spikes maximum
- DATE:** Thursday, April 2, 2026.
- ENTRY RULES:** The meet will host **Varsity “A”** divisions.
Teams may enter 3 athletes in individual events and 1 relay teams in the Varsity division.
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:** \$ 150.00 per team – “Varsity” **Entries** (Boys & Girls are separate teams).
Boys & Girls Teams together = \$300.00 ***(\$30.00 per Individual with 5 or less.**

Please make checks payable to: **Brookwood 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 Thursday, March 26th (Midnight) CST .
- MEET DIRECTOR INFO:** Riley Balsmeyer, Brookwood H. S.
12250 George Richmond Pkwy, Brookwood, AL 35444.
(Cell): (812) 653-9000, (O): (205) 342-2777
My email address: rjbalsmeyer@tcss.net
- TIMING:** Xpress Timing at paul@xpresstiming.com (XT Team)
- SCORING:** Team scoring will be 10 - 8 - 6 - 5 – 4 - 3 - 2 - 1 for all events.
- AWARDS:** 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.

Brookwood High School

Panther Prowl
Thursday, April 2, 2026
Schedule of Events

Running Events:

10:00a.m. START (ROLLING SCHEDULE)

4 x 800 METER RELAY (VG, VB) ^ FINALS ^
100 METER LOW HURDLES 33" (VG) ^ FINALS ^
110 METER HIGH HURDLES 39" (VB) ^ FINALS ^
100 METER DASH (VG, VB) ^ FINALS ^
1600 METER RUN (VG, VB) ^ FINAL
400 METER DASH (VG, VB) ^ FINALS ^
4 X 100 METER RELAY (VG, VB) ^ FINALS ^
800 METER RUN (VG, VB) ^ FINALS ^
200 METER DASH (VG, VB) ^ FINALS ^
THROWER'S RELAY – (V- MIXED) ^ FINALS ^
300 METER INTERMEDIATE HURDLES 30" (VG) ^ FINALS ^
300 METER INTERMEDIATE HURDLES 36" (VB) ^ FINALS ^
3200 METER RUN (VG, VB) ^ FINALS ^
4 X 400 METER RELAYS (VG, VB)
TEAM AWARDS

Field Events:

11:00 a.m.

LONG JUMP (VB)
TRIPLE JUMP (VG)

12:00 p.m.

HIGH JUMP (VG)

1:00 p.m.

LONG JUMP (VG)
HIGH JUMP (VB)

2:00 p.m.

TRIPLE JUMP (VB)

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