

Please contact me at wwgray@jefcoed.com for the password to the meet. Entries will be taken first come first serve to the first 20 teams or 600 athletes.

Schedule: Coaches meeting will be at 3:30 next to the finish line. The meet will begin at 4:00 and will be on a rolling schedule. See the order of events below.

Entry: All entries will be made online on: al.milesplit.us

If the athlete has not been in the event before, please leave the seed blank. DO NOT add a seed that is not accurate.

* Each team is allowed 5 athletes per event except for the 100, 200, and 400. You may add 4 athletes to the 100, 200, and 400. 2 relay teams are allowed in each relay; (Top 3 on each team can score; 1 relay per school can score) A middle school participant can enter up to 3 events, including relays.

* All events are finals, seeding based on times. All field event competitors will get 3 attempts. No finals.

Fee: \$100.00 per team per gender (less than 5 athletes \$20.00 per athlete.) \$6.00 spectator admission.

*****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.**

Payment: Make checks Payable to Corner High School Track and Field. Checks can be turned in at the main entry gate. You can submit a COPY of your approved PO if the check isn't ready and mail it to:

Corner High School
4301 Warrior-Jasper Road
Dora, AL 35062

Please have your bookkeeper include the name and date of the meet on the check. Ex. Jefco High School meet #2 March 6, 2025

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. We will however have water on the infield for competitors.

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.

ONLY 800m, 1600m, and 4x4 LAST legs will require hip numbers. These will be available near the start line. All heat sheets and results will be online. Results are posted by Xpress timing after completion of events.

Middle School Events
100 and 110 hurdles 100 meter dash 1600 meter run 4x100 meter relay 400-meter dash 300 meter hurdles 800-meter run 200-meter dash 4x400 relay Field Events <u>Session #1</u> Boys Discus Girls Shot Boys HJ Girls LJ Boys TJ Girls Jav <u>Session #2</u> Girls Discus Boys Shot Girls HJ Girls TJ Boys LJ Boys Jav