

Metro South Outdoor Track & Field 2026

REVISED 1/09/26

For schools that are a part of the **METRO SOUTH** athletic league. Weekday METRO meets are required regular season competitions. All other weekend meets and invitational meets are optional. Metro Championship is required of all Metro teams. You may compete in **8** regular season meets, plus up to **2** championships (ex: Shelby Co. Championship + Metro Championship). You may only enter 7th & 8th Graders. Competition season for middle/jr. high ends April 19th.

Metro South Schools

Berry
Clay-Chalkville
Liberty Park

Bragg
Hewitt-Trussville
Mountain Brook

Bumpus
Homewood
Oak Mountain

Pizitz
Simmons
Thompson

ENTRY PROCESS

FOR THE WEEKDAY METRO MEETS – YOU WILL ENTER YOUR TEAM ON ALABAMA RUNNERS. THE DEADLINE FOR ALL ENTRIES IS THE SATURDAY BEFORE THAT MEET AT MIDNIGHT. NO ADDITIONS/CHANGES WILL BE ALLOWED AFTER THE DEADLINE.

DO NOT ENTER AN ATHLETE IN MORE THAN 3 EVENTS ONLINE, AND THEN CHOOSE THEIR 3 EVENTS AT THE MEET. YOU CAN ONLY ENTER EACH ATHLETE IN NO MORE THAN 3 TOTAL EVENTS WHEN ENTERING ONLINE.

ALL HEATS/FLIGHTS WILL BE BASED ON YOUR ENTRIES – SO BE HONEST WITH YOUR TIMES/MARKS. ATHLETES WILL STILL REPORT TO THE CLERK TO GET THEIR RACE INFORMATION. FIELD EVENTS WILL CLERK IN AT THAT FIELD EVENT.

THE WEEKDAY METRO MEETS ARE TO BE TIMED USING PAUL RICHARDSON AND XPRESS TIMING. IF NOT, THE HOST SCHOOL MUST HAND-TIME THE MEET, ENTER THOSE TIMES, AND EMAIL THE RESULTS TO ERIC SWOPE WITHIN 2 DAYS. eswope@homewood.k12.al.us

TEAMS MAY COMPETE IN NO MORE THAN 8 REGULAR SEASON MEETS PLUS 2 SEASON-ENDING CHAMPIONSHIPS

- There is no entry fee and no awards for the regular season meets.
- There are no limits on each event per school.
- Athletes may only be entered in **3** events (even at Metro). Do not enter any athlete in more than 3 events.
- Awards to individuals, relays, and teams will be presented at the Metro Championships.
- Athletes who finish Top 3 at the Metro Championships are considered All-Metro

ASHAA Outdoor Information:

<http://www.ahsaa.com/Sports/Outdoor-Track-Field>

Coaches Rules/Clinic Test Info: *(all head coaches must complete this unless they attended the AHSAA Track & Field Rules session this summer).* <http://www.ahsaa.com/Coaches-ADs/Rules-Clinic-Test-Dates>

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2026 METRO WEEKDAY MEETS:

Meet		Locations	Time	Schedule
1	March 3	Hoover H.S. & Hewitt Trussville Stadium	4PM	1
2	March 10	Oak Mountain Stadium	4PM	2
2	*March 11	Vestavia H.S. (*Wednesday)	4PM	2
3	March 17	Thompson H.S. & Mountain Brook High School	4PM	1
4	March 31	Oak Mtn. Stadium & Hewitt Trussville Stadium	4PM	2
5	*April 1	Homewood Waldrop Stadium(*Wednesday)	4PM	2
5	April 7	SpainPark High School & Hewitt Trussville Stadium	4PM	1
6	April 15	Metro Championship @ Mtn. Brook High School	4:15PM	Metro Schedule
Rain Date	TBD	Metro Championship @ Mtn. Brook High School	4:15PM	Metro Schedule

4:00 for field events, 4:15 for running events- Please be aware that some schools may have trouble arriving on time because of bus situations. If you have trouble being on time, please call the host school at least 24 hours ahead and inform them of your situation.

Entry into all South Metro Meets: \$6* from Go Fan (*preferred), \$6 if paying cash, 5 and under free

SCHEDULE 1:

4:00 FIELD EVENTS	4:15 RUNNING EVENTS <i>Girls first then Boys</i>
LONG JUMP <i>BOYS AT PIT A, GIRLS AT PIT B.</i> <i>First attempt marked. Minimums on 2nd & 3rd Jumps: Girls 9' Boys 10'</i>	100M/110M HURDLES <i>(GIRLS 30", BOYS 33")</i>
TRIPLE JUMP <i>TO FOLLOW LJ AT SAME PIT.</i> <i>Girls from 18' (until Spring Break)/24' board Boys from 24'/32' board</i>	1600
DISCUS <i>GIRLS THEN BOYS (BOTH THROW 1K).</i> <i>First attempt marked. Minimums on 2nd & 3rd Throws: Girls 20' Boys 40'</i>	4 X 100 RELAY
SHOT PUT <i>BOYS THEN GIRLS (BOYS 4K, GIRLS 6LBS.).</i> <i>First attempt marked. Minimums on 2nd & 3rd Throws: Girls 15' Boys 18'</i>	400
HIGH JUMP <i>(GIRLS 3'10" THEN BOYS 4'2")</i>	100
POLE VAULT <i>(BOYS 6'6" THEN GIRLS 5')</i>	300 HURDLES <i>(BOTH 30")</i>
	800
	200
	*4x800 @ Meet #3 limit 2 teams

SCHEDULE 2:

4:00 FIELD EVENTS	4:15 RUNNING EVENTS <i>Boys first then Girls</i>
	#4x400 @Meet #4 limit 2 teams
TRIPLE JUMP <i>TO FOLLOW LJ AT SAME PIT.</i> <i>Girls from 18' (until Spring Break)/24' board Boys from 24'/32' board</i>	200
LONG JUMP <i>TO FOLLOW LJ AT SAME PIT.</i> <i>First attempt marked. Minimums on 2nd & 3rd Jumps: Girls 9' Boys 10'</i>	800
DISCUS <i>BOYS then GIRLS (BOTH THROW 1K).</i> <i>First attempt marked. Minimums on 2nd & 3rd Throws: Girls 20' Boys 40'</i>	300 HURDLES <i>(BOTH 30")</i>
SHOT PUT <i>GIRLS then BOYS (BOYS 4K, GIRLS 6LBS.).</i> <i>First attempt marked. Minimums on 2nd & 3rd Throws: Girls 15' Boys 18'</i>	100
HIGH JUMP <i>(BOYS 4'2" then GIRLS 3'10")</i>	400
POLE VAULT <i>(GIRLS 5' then BOYS 6'6")</i>	4 X 100M RELAY
	1600
	110M/100M HURDLES <i>(GIRLS 30", BOYS 33")</i>

Running events take priority over field events. Athletes are to notify the judge of the field event of their departure, then report back as soon as they have run. The High Jump and Pole Vault bar will not wait on an athlete. Athletes must attempt the height where the competition is upon return.

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TEAM	Meet 1 3/3 Hewitt & Hoover	MEET 2 3/10 Oak Mtn. 3/11 Vestavia	MEET 3 3/17 Mtn Brook & Thompson	MEET 4 4/1 Homewood 3/31 Oak Mtn.	MEET 5 4/7 Hewitt & Spain Park	METRO CHAMPS 4/15 Mtn. Brook
BERRY (76-100)	HEWITT	OAK MTN	THOMPSON	OAK MTN	SPAIN PARK	MBHS
BRAGG (26-50)	HEWITT	VESTAVIA	MTN. BROOK	HOMEWOOD	HEWITT	MBHS
BUMPUS (126-150)	HOOVER	VESTAVIA	THOMPSON	HOMEWOOD	SPAIN PARK	MBHS
CLAY (76-100)	HEWITT	OAK MTN	MTN. BROOK	OAK MTN	HEWITT	MBHS
HEWITT (51-75)	HEWITT	OAK MTN	MTN. BROOK	HOMEWOOD	HEWITT	MBHS
HOMEWOOD(101-125)	HOOVER	OAK MTN	MTN. BROOK	HOMEWOOD	SPAIN PARK	MBHS
LIBERTY PARK (51-75)	HOOVER	VESTAVIA	MTN. BROOK	OAK MTN	HEWITT	MBHS
MTN. BROOK(176-200)	HEWITT	VESTAVIA	MTN. BROOK	HOMEWOOD	SPAIN PARK	MBHS
OAK MTN. (76-100)	HEWITT	OAK MTN	THOMPSON	OAK MTN	SPAIN PARK	MBHS
PIZITZ (126-150)	HOOVER	VESTAVIA	THOMPSON	OAK MTN	HEWITT	MBHS
SIMMONS (101-125)	HOOVER	OAK MTN	MTN. BROOK	OAK MTN	HEWITT	MBHS
THOMPSON (51-75)	HOOVER	OAK MTN	THOMPSON	HOMEWOOD	SPAIN PARK	MBHS
Expected Athletes 1,037	481 HEW 556 HOOV	505 VHS 532 OM	582 MB 455 THOM	506 OM 531 HWD	482 HEW 555 SPHS	1,037 MB
Total Teams 12	6 HEW 6 HOOV	5 VHS 7 OM	7 MB 5 THOM	6 OM 6 HWD	6 HEW 6 SPHS	12

Schools that are hosting

*Note the Vestavia and Homewood meets are on Wednesday

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METRO CHAMPIONSHIP SCHEDULE Wed. April, 15th

4:15 – Field Events

Long Jump Boys at pit A, Girls at pit B

Triple Jump to follow Long Jump at same pit

Discus Girls then Boys (both will throw the 1K discus)

Shot Put Boys then Girls (boys 4K, girls 6lbs.)

High Jump Girls then Boys

Pole Vault Boys then Girls

All horizontal field events must go in order from worst to best in rotation and officials must measure each mark. Only an athlete/coach can request to jump/throw out of order and only if there is a running event conflict.

4:45 – Running Events *(GIRLS RUN FIRST, THEN BOYS)*

4:45 100/110 Hurdles

5:00 1600

5:30 4 x 100M Relay

5:45 400

6:20 100

6:55 800

7:20 300 Hurdles

7:40 200

8:00 4x800M Relay

8:25 4x100 Clydesdale ***EXHIBITION ONLY – NO POINTS*

8:30 4x400M Relay

Awards to Follow the 4x400M Relays

*WE WILL STAY ON SCHEDULE. WE WILL NOT RUN AHEAD OF SCHEDULE.
IF WE FALL BEHIND SCHEDULE, WE WILL RUN A “ROLLING SCHEDULE” UNTIL WE CATCH UP.*

Metro Championship Scoring

**Top 8 Score in each event, and each team can only score 3 athletes per event.*

Place	Running Events/ Field Events	Relays
1 st	10 pts.	20 pts.
2 nd	8 pts.	16 pts.
3 rd	6 pts.	12 pts.
4 th	5 pts.	10 pts.
5 th	4 pts.	8 pts.
6 th	3 pts.	6 pts.
7 th	2 pts.	4 pts.
8 th	1 pt.	2 pts.

Metro South Outdoor Track & Field 2026

REVISED 12/10/24

METRO CHAMPIONSHIP QUALIFYING STANDARDS

GIRLS DIVISION

EVENT	100M		EVENT	100M Hurdles		EVENT	TRIPLE JUMP
METRO Standard:	14.00		METRO Standard:	21.00		METRO Standard:	25'0"

EVENT	200M		EVENT	300M Hurdles		EVENT	SHOT PUT
METRO Standard:	29.50		METRO Standard:	1:02		METRO Standard:	25'0"

EVENT	400M		EVENT	HIGH JUMP		EVENT	DISCUS
METRO Standard:	1:12		METRO Standard:	4'02"		METRO Standard:	60'0"

EVENT	800M		EVENT	POLE VAULT
METRO Standard:	2:52		METRO Standard:	6'6"

EVENT	1600M		EVENT	LONG JUMP
METRO Standard:	6:25		METRO Standard:	13'00"

BOYS DIVISION

EVENT	100M		EVENT	110M Hurdles		EVENT	TRIPLE JUMP
METRO Standard:	12.50		METRO Standard:	22.00		METRO Standard:	33'0"

EVENT	200M		EVENT	300M Hurdles		EVENT	SHOT PUT
METRO Standard:	26.00		METRO Standard:	53.00		METRO Standard:	33'0"

EVENT	400M		EVENT	HIGH JUMP		EVENT	DISCUS
METRO Standard:	1:02		METRO Standard:	5'00"		METRO Standard:	85'0"

EVENT	800M		EVENT	POLE VAULT
METRO Standard:	2:30		METRO Standard:	7'6"

EVENT	1600M		EVENT	LONG JUMP
METRO Standard:	5:25		METRO Standard:	16'0"

THERE ARE NO QUALIFYING TIMES FOR RELAYS.

EACH TEAM CAN ENTER 1 RELAY TEAM IN EACH OF THE RELAY RACES REGARDLESS OF TIME.

PLEASE NOTE: ATHLETES MUST REACH THE MINIMUM TIME/MARK IN THAT EVENT TO QUALIFY FOR METRO.

EX: 1:02.07 IN THE BOYS 400M WILL NOT QUALIFY THAT ATHLETE AS IT IS NOT 1:02.00 OR FASTER.

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QUALIFYING GUIDELINES FOR THE METRO CHAMPIONSHIP MEET

1. There will be Qualifying Standards for all events at Metro, except relays.
2. All athletes who meet the Qualifying Standards during the regular season will be permitted to compete at the Metro Championship in the event(s) they qualified up to 3 events.
 - a. *FOR EXAMPLE: If Liberty Park has 5 Girls who meet the Qualifying Standard in the 800M Run during the regular season can enter all 5 Girls in the 800M Run at Metro.*
3. All Metro teams are permitted 1 entry per event regardless of time/mark during the regular season.
 - a. *FOR EXAMPLE: If Pizitz does not have a 100M Dash athlete to make the Qualifying Standard for the 100M Dash during the regular season, Pizitz can still enter 1 athlete in the 100M Dash at Metro.*
4. Teams get to enter either their guaranteed 1 entry OR their qualifying athletes if more than 1 qualify. Teams do not get to enter their qualified athletes (if more than 1) and then their guaranteed 1 entry.
5. Teams can enter only 1 Relay Team per Relay Event. There are no qualifying times for relays.
6. Top 8 Score in each event. Each team can only score up to 3 athletes.
 - a. *FOR EXAMPLE: Bumpus has 5 athletes in the top 8 of the 100M Hurdles. Only their first 3 athletes will score team points, and then the school with the 9th & 10th place finishers will get the last points.*
7. **Championship Fees - \$5 per athlete. \$5 per relay. Maximum \$125 per gender. Maximum \$250 per team.**

REMINDERS OF RULES ENFORCEMENTS:

1. Coaches may not enter athletes in field events they have not practiced. This also violates AHSAA bylaws. Athletes who show up at an event who don't know how to do it will not be allowed to compete. That Coach will get 1 warning for first violation. Further violations after that will result in contacting that school's athletic director and principal. This is a safety issue for the athletes and a liability issue for the coach running that field event. So make sure your athletes are practicing their events.
2. Athletes are not allowed to do "run-backs" to get steps at Long/Triple, Pole Vault, High Jump. This is dangerous. Athletes are to get their steps in practice using a tape measure, and are to know their numbers for competition. 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.
3. 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 below:

Field event minimums:

FOR HORIZONTAL EVENTS (Enforced after first attempt):

EVENT GIRLS BOYS

Discus 20' 40'

Shot 15' 18'

LJ 9' 10'

TJ Paint, Tape or Chalk a board for girls @ 18', boys @ 24'.

If they cannot make the pit from those marks, they will not be allowed to jump.

FOR VERTICAL EVENTS (Opening heights):

EVENT GIRLS BOYS

Pole Vault 5' 6' 6

HJ 3' 10 4' 2

Opening height for PV, HJ is to be 1 height below qualification at Metro Champs.

For the first 2 Outdoor Meets, opening height in boys PV is 6' 6. Opening height PV moves to 7' for the rest of season.

Notes:

Meet 3 run 4x800 instead at end limit to 2, leave open 800 as option

Meet 4 run 4x400 first limit to 2 teams

Consistent Triple Jump board for Metro meets: Girls -18' & 24' until Spring Break & 24' only after Spring Break , Boys - 24' & 32'

Metro Meets & Metro Championship are required of all Metro teams.