

## State Meet – Classes 4A, 5A, 6A & 7A

- Date:** May 3-5
- Site:** Gulf Shores—City Municipal Track, 19025 County Road 6, West, Gulf Shores, AL 36542
- Director:** Houston Young, Gulf Shores  
**Phone:** 334-413-4309 (cell)
- ENTRIES:** Each section director must email section results to Xpress Timing at xpress28@aol.com using the same meet format provided by Xpress Timing.
- ADMISSION:** \$10 per day  
(**Note:** Non-participating coaches must have a valid 2017-18 coaches' card for admission. Only athletes listed as competitors will be allowed to enter the facility with their team as meet athletes.) All coaches are subject to have coaching credentials checked at championship events.
- AWARDS:** (a) Trophies to the team winner and runner-up in each division  
(b) Medals to the first three places in each event
- OFFICIALS:** A National Federation-certified official is assigned to each event.
- SHOT PUT GUIDELINE:** Heavier warm-up shot puts may not be brought into the meet.
- IMPLEMENT INSPECTION** Athletes may turn in implements from 4:00-7:00 p.m. on Thursday prior to the state meet. Implements must be clearly marked with the names of school and

the school's classification. Implement inspection will close 30 minutes prior to a classification beginning competition. Implements not meeting standards will be kept by meet officials until completion of the competition and may then be claimed. Unclaimed implements will become the property of the host city. No athlete may take any implement to a competition venue.

**PACKET PICKUP:**

Packet pick-up: Wednesday 3 p.m. to 6 p.m., Thursday 7 a.m. to 3 p.m. and Friday 7 a.m. to 3:30 p.m., Saturday 7 a.m. to 1 p.m.

**COACHES' MEETING:**

Coaches Meeting: 8:00 a.m. Thursday (No packets may be picked up during Coaches' Meeting).

**Note:**

Armbands given to coaches WILL NOT be duplicated. They are washable and good for all 3 days.

## 4A-5A-6A-7A State Outdoor Meet

Opening ceremonies: 11:15 a.m., Thursday

**COACHES' MEETING:**

Coaches Meeting: 8:00 a.m. Thursday (No packets may be picked up during Coaches' Meeting).

**Note:**

Armbands given to coaches WILL NOT be duplicated. They are washable and good for all 3 days.

**PACKET PICKUP:**

Wednesday 3 p.m. to 6 p.m., Thursday 7 a.m. to 3 p.m. and Friday 7 a.m. to 3:30 p.m., Saturday 7 a.m. to 1 p.m.

The stadium will close at 6:00 p.m. on Wednesday. The running surface will be open without hurdles and blocks on Wednesday from 12 noon to 6:00 p.m., Thursday from 7:00 a.m. to 8:30 a.m. and Friday and Saturday from 7:00 a.m. to 8:00 a.m. The track running surface will be open for one hour after the last running event of the day has ended.

All field event venues are closed on Wednesday and each day after except for competition.

**Note: Each event shows a starting time for 4A Girls. All other races will immediately follow.**

### FIELD EVENTS Thursday

	9:00 a.m.	12 Noon	3:00 p.m.
Shot Put	Para Athlete		
Shot Put	7A-B	5A-B	5A-G
Discus	4A-B	7A-G	6A-B
Javelin	6A-G	4A-B	5A-B
Long Jump	5A-B	5A-G	7A-B
Triple Jump	4A-G	6A-G	7A-G
High Jump	6A-B	4A-G	6A-G
Pole Vault	4A-G	4A-B	7A-B

## TRACK EVENTS

### Thursday

9:00 a.m.	1600 Meter Finals	4A-G,B
	1600 Meter Finals	5A-G,B
	1600 Meter Finals	6A-G,B
	1600 Meter Finals	7A-G,B
10:30 a.m.	Para Athletes 100 Meter	
11:30 p.m.	4 x 100 Relay Semi-finals	4A-G,B
	4 x 100 Relay Semi-finals	5A-G,B
	4 x 100 Relay Semi-finals	6A-G,B
	4 x 100 Relay Semi-finals	7A-G,B
1:25 p.m.	Para Athletes 200 Meter	
1:30 p.m.	100 Meter Semi-finals	4A-G,B
	100 Meter Semi-finals	5A-G,B
	100 Meter Semi-finals	6A-G,B
	100 Meter Semi-finals	7A-G,B
3:00 p.m.	4x400 Relay Finals	4A-G,B*
	4x400 Relay Finals	5A-G,B*
	4x400 Relay Finals	6A-G,B*
	4x400 Relay Finals	7A-G,B*

\* The eight (8) fastest times from Thursday and Saturday will be scored with the fastest qualifying in the sectional meets running on Saturday. Race will begin on three-turn stagger and be run on time.

## FIELD EVENTS

### Friday

	8:30 a.m.	12:00 Noon	2:30 p.m.
Shot Put	4A-G	4A-B	6A-G
Discus	7A-B	5A-B	5A-G
Javelin		Para Athlete	
Javelin	6A-B	5A-G	7A-G
Long Jump	7A-G	6A-G	4A-G
Triple Jump	7A-B	4A-B	6A-B
High Jump	5A-B	7A-G	7A-B
Pole Vault	5A-G	6A-B	7A-G

## TRACK EVENTS

### Friday

8:50 a.m.	3200 Meter Run Finals	4A-G,B*
	3200 Meter Run Finals	5A-G,B*
	3200 Meter Run Finals	6A-G,B*
	3200 Meter Run Finals	7A-G,B*
10:50 a.m.	400 Meter Final Para Athlete	
11:00 a.m.	400 Meter Finals	4A-G, B
	400 Meter Finals	5A-G, B
	400 Meter Finals	6A-G, B
	400 Meter Finals	7A-G, B

12:20 p.m.	100 Meter Hurdles Semi-finals	4A
	100 Meter Hurdles Semi-finals	5A
	100 Meter Hurdles Semi-finals	6A
	100 Meter Hurdles Semi-finals	7A
1:00 p.m.	110 Meter Hurdles Semi-finals	4A
	110 Meter Hurdles Semi-finals	5A
	110 Meter Hurdles Semi-finals	6A
	110 Meter Hurdles Semi-finals	7A
1:45 p.m.	4 x 800 Meter Relay Finals	4A-G, B*
	4 x 800 Meter Relay Finals	5A-G, B*
	4 x 800 Meter Relay Finals	6A-G, B*
	4 x 800 Meter Relay Finals	7A-G, B*
3:55 p.m.	200 Meter Dash Semi-finals	4A-G,B
	200 Meter Dash Semi-finals	5A-G,B
	200 Meter Dash Semi-finals	6A-G,B
	200 Meter Dash Semi-finals	7A-G,B

\* The eight (8) fastest times from Thursday and Saturday will be scored with the fastest qualifying in the sectional meets running on Saturday.

## FIELD EVENTS

### Saturday

	8:30	11:30
Shot Put	6A-B	7A-G
Discus	Para Athlete	
Discus	4A-G	6A-G
Javelin	7A-B	4A-G
Long Jump	4A-B	6A-B
Triple Jump	5A-B	5A-B
High Jump	5A-G	4A-B
Pole Vault	6A-G	5A-B

## TRACK EVENTS

### Saturday

10:00 a.m.	4 x 100 Relay Finals	4A-G, B
	4 x 100 Relay Finals	5A-G, B
	4 x 100 Relay Finals	6A-G, B
	4 x 100 Relay Finals	7A-G, B
10:45 a.m.	100 Meter Hurdles Finals	4A-G
	100 Meter Hurdles Finals	5A-G
	100 Meter Hurdles Finals	6A-G
	100 Meter Hurdles Finals	7A-G
11:10 a.m.	110 Meter Hurdles Finals	4A-B
	110 Meter Hurdles Finals	5A-B
	110 Meter Hurdles Finals	6A-B
	110 Meter Hurdles Finals	7A-B
11:40 a.m.	100 Dash Finals	4A-G, B
	100 Dash Finals	5A-G, B
	100 Dash Finals	6A-G, B
	100 Dash Finals	7A-G, B

12:05 p.m.	300 Meter Low Hurdles Finals	4A-G+
	300 Meter Low Hurdles Finals	5A-G+
	300 Meter Low Hurdles Finals	6A-G+
	300 Meter Low Hurdles Finals	7A-G+
12:50 p.m.	300 Meter Intermediate Hurdles Finals	4A-B+
	300 Meter Intermediate Hurdles Finals	5A-B+
	300 Meter Intermediate Hurdles Finals	6A-B+
	300 Meter Intermediate Hurdles Finals	7A-B+

+ Will be run in 3 heats on time.

1:50 p.m.	200 Meter Dash Finals	4A-G, B
	200 Meter Dash Finals	5A-G, B
	200 Meter Dash Finals	6A-G, B
	200 Meter Dash Finals	7A-G, B
2:30 p.m.	800 Meter Run Finals	4A-G, B\$
	800 Meter Run Finals	5A-G, B\$
	800 Meter Run Finals	6A-G, B\$
	800 Meter Run Finals	7A-G, B\$

\$ Will be run in two heats using two alleys on time.

4:00 p.m.	4 x 400 Meter Relay Finals	4A-G, B#
	4 x 400 Meter Relay Finals	5A-G, B#
	4 x 400 Meter Relay Finals	6A-G, B#
	4 x 400 Meter Relay Finals	7A-G, B#

# Will run from a three-turn stagger on time. Teams in this race will be the eight fastest teams from sectional qualifying. The top eight (8) best times will be used for scoring.

#### Awards to follow 4 x 400 Relay

### Decathlon

<b>Date:</b>	May 14-15
<b>Site:</b>	Hoover High School
<b>Director:</b>	Devon Hind, Hoover High School, 1000 Buccaneer Dr., Hoover, AL 35244
	<b>Phone:</b> 205-439-1379, 205-807-9144 (cell)
	<b>Fax:</b> 205-439-1248 <b>Email:</b> dhind@hoover.k12.al.us
<b>ENTRY FEE:</b>	\$30 per athlete (payable to: Hoover High School)
<b>ENTRIES:</b>	Must be done online at the al.milesplit.com website. A team may enter no more than 4 athletes in each division.
<b>AWARDS:</b>	Plaques for top five places in each division

(Note: All coaches are subject to having their coaching credentials checked at championship events.)

### Schedule

Events will begin 30 minutes after the conclusion of the previous event.

#### Monday (12 noon start)

100 meters  
 Long jump  
 Shot put  
 \*High Jump  
 400 meters