



## **Coaches' Track and Field Committee**

(Listed By Districts)

(1) Pat Galle, UMS-Wright. (2) Phillip Jones, Charles Henderson. (3) Kevin Weatherill, Montgomery Academy. (4) Dan Norton, Auburn. (5) David Dobbs, Hewitt-Trussville. (6) Mark Mitchell, Cedar Bluff. (7) James Phillips, Phillips. (8) Danny Miller, Cullman

# The Championship Program

**First Practice—Jan. 23 First Contest—Feb. 13**

## **New Online Requirements For All Sports**

### **POSTING SCHEDULES**

Schools must go online to the AHSAA website Member Section and enter season schedules for all sports by the deadline dates listed below for sports in each quarter. Failure to do so will result in a fine of \$100 assessed to the school. Schools should go online and make any changes immediately as they occur.

Deadlines for entering schedules:

March 1-- fall sports (football, volleyball, cross country, swimming)

Sept. 15 --winter sports (wrestling, basketball)

Jan 15 -- spring sports (baseball, softball, outdoor track, soccer, golf and tennis)

### **POSTING SCORES**

Schools are also required to post scores of contests ONLINE immediately following all contests in the regular season (and within 24 hours after regular season tournaments). Results must be posted no later than 30 minutes following a regular season contests. Failure to do so will result in a fine of \$25 assessed to the school.

In the post-season playoffs, failure to report scores in the same manner will result in a \$100 fine assessed to the school.

Instructions will be posted on the AHSAA website Member Section.

1. The track and field program provides competition for boys and girls in each of six classes-1A, 2A, 3A, 4A, 5A and 6A. A student may compete in only one division during the same meet.
2. Each high school is permitted to participate in 10 meets prior to the section and state meets. Each junior high or middle school is permitted to participate in eight meets other than a county, city or school system meet.
3. All participants must be eligible under AHSAA rules. Any complaint regarding the eligibility of any student must be made to the State Office.
4. A school must compete in at least two meets prior to the section meets.
5. Schools in each class will qualify for state competition in four section meets. Each division in a section will qualify six participants from each individual event and six teams from each relay event (a total of 24 qualifiers per event in each class).

## Events

1A, 2A, 3A, 4A, 5A, 6A

### Girls

High Jump  
Long Jump  
Shot Put  
Discus  
Triple Jump  
Pole Vault  
Javelin\*  
100 m Dash  
200 m Dash  
100 m HH  
300 m LH  
400 m Dash  
800 m Run  
1600 m Run  
3200 m Run  
400 m Relay  
1600 m Relay  
3200 m Relay

### Boys

High Jump  
Long Jump  
Shot Put  
Discus  
Triple Jump  
Pole Vault  
Javelin\*  
100 m Dash  
200 m Dash  
110 m HH  
300 m IH  
400 m Dash  
800 m Run  
1600 m Run  
3200 m Run  
400 m Relay  
1600 m Relay  
3200 m Relay

\*Blunt, rubber-tipped javelin.

The order of running events for all section meets is the same as the state meet.

### First Day

400 m Relay Prelims  
1600 m Run Finals  
400 m Dash Finals  
100 m Hurdles Prelims  
110 m Hurdles Prelims  
100 m Dash Prelims  
3200 m Relay Finals  
200 m Dash Prelim

### Second Day

400 m Relay Finals  
800 m Run Finals  
100 m Hurdles Finals  
110 m Hurdles Finals  
100 m Dash Finals  
300 m Hurdles Finals  
200 m Dash Finals  
3200 m Run Finals  
1600 m Relay Finals

Field events should be run in the same order as the state meet but may be altered to suit the track facility being used.

## Special Rules

The requirements of the following rules apply to all meets—dual, triangular, invitational, relays, etc., for all classes.

1. The same restrictions and limitations apply to the girls and boys competition.
2. All section meets must be run on two days using the designated event schedule. Each section must use the Hy-Tek computer software program with a photo-finish, automatic timing system to administer its meet. (Sprint 8 is not automatic timing.)  
Field events may be run in a “finals only” format.
3. All competition will be conducted under National Federation Rules.
4. All National Federation rules on uniforms and jewelry should be strictly enforced for all events in section and state meets. A participant is restricted from wearing any item in excess of the traditional school uniform required by Rule 4-3. Shorts must be worn over body suits and closed-leg shorts.  
All uniforms must be issued by the school, worn as intended by the manufacturer and have a school identification on the uniform. Uniforms designed to tuck in must be tucked in during competition. School-issued uniform T-shirts are permissible.  
No head attire is permitted except in the pole vault event where a protective helmet may be worn. A single wrist watch may be worn during competition.
5. A school may enter three participants in each event and one team in each relay event for every division in which it is competing. (A participant or relay team is “entered” upon checking in with the clerk of course or at the meet scratch meeting.)
6. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.  
In junior high and middle school competition, a participant may not compete in more than three events. In a meet involving all ninth grade students, a participant may compete in a maximum of four events, of which only three may be running events, including relays.
7. Participants may be scratched from an event and still be eligible for any other events in which he/she has been entered. If a participant who qualifies in an individual event of a section meet cannot compete in the state meet, the student placing next in the section meet may be a replacement provided the change is made before the Tuesday of the week of the state meet and there is ample time to notify the replacement. The section meet director must notify the state director and the replacement. No replacements are permitted on the day of a state meet.

8. In a section meet, entry changes must be made by Wednesday of the meet. In relay events, a substitution for an injury can be made with a student already entered in the meet. The jury of appeals will determine the legitimacy of the injury. (Note: An entry that is scratched may participate in any other event already entered.)
9. A one-minute time limit per attempt will be enforced in all field events except the pole vault, which will be 1 1/2 minutes until there are three or fewer competitors remaining in the competition and National Federation rules specify longer time limits for various events. The bar may be used during warm-ups for the high jump and pole vault events.
10. No artificial noisemakers (radios, etc.) and laser pen lights or pointers are allowed in section, state and AHSAA-sanctioned meets. Anything that interferes with the progress of the meet may be restricted.
11. In all track events at all levels of competition, a runner who commits a false start shall be disqualified.
12. The throwing sector of 34.92 degrees is required for the shot and discus events. Boys will throw the 12 lbs (5.443 kg) shot and the 3 lbs., 9 oz. (1.6 kg) discus. Girls will throw the 8 lbs., 13 oz. (4.0 kg) shot and the 2 lbs., 3.274 oz. (1 kg) discus. Discus and shot put implements must be checked in prior to the meet competition, then no other implements may be used in competition.  
In junior high/middle school competition, boys will throw the 8 lbs., 13 oz.(4.0 k) shot and the 2 lbs., 3.27 oz. (1 k) discus. Girls will throw the 6 lb. (2.744 k) shot and the 2 lbs., 3.27 oz. (1 k) discus.
13. The starting heights for the high jump in the section and state meets are as follows:  
6A-5'8" boys; 4'8" girls (Advance 2" until only two participants are left, then advance by agreement.)  
1A, 2A, 3A, 4A, 5A-5'6" boys; 4'4" girls (Advance same as 6A)
14. Pole vault participants must be weighed in at all meets with calibrated scales. Legal poles (with band designating the hand position) must be used. The starting heights for the pole vault in the section and state meet are as follows:  
Boys 6A-9' (Advance 6" until only two participants are left, then advance 3"unless by agreement.)  
Boys 5A-9' (Advance 6" until only two participants are left, then advance 3"unless by agreement.)  
Boys 1A, 2A, 3A, 4A-8' (Advance same as Boys 6A)  
Girls-6' 6" (Advance same as Boys 6A)

15. Minimum qualifying standards for the state meet in javelin, discus and triple jump and long jump are as follows:

Class	Javelin		Discus		Triple Jump		Long Jump		Shot Put	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1A	75'	110'	65'	90'	25'	33'	13'6"	17'6"	26	36
2A	75'	120'	65'	95'	26'	35'	13'6"	17'6"	26	36
3A	75'	120'	75'	100'	27'	36'	13'6"	17'6"	26	36
4A	75'	120'	70'	105'	28'	36'	13'6"	17'6"	28	38
5A	80'	130'	75'	110'	30'	38'	14'	18'	28	38
6A	90'	130'	80'	120'	31'	39'	15'	19'	28	38

16. Minimum qualifying standards for the state meet in the 3200 m run and the 3200 m relay are as follows:

Class	3200m Run		3200m Relay	
	Girls	Boys	Girls	Boys
1A	15:00	13:00	13:00	10:00
2A	15:00	13:00	13:00	10:00
3A	15:00	13:00	13:00	10:00
4A	15:00	13:00	13:00	9:45
5A	15:00	13:00	12:00	9:15
6A	13:00	11:00	11:00	9:00

17. The blunt, rubber-tipped javelin must be used. Girls will throw the 600 g javelin. Boys will throw the 800 g javelin.
18. The 400-meter dash will be run in lanes the entire race.
19. Entry forms for all section meets must reach the appropriate meet director five days before the meet date. Late entries will not be accepted. No telephone entries will be taken.
20. Scratch meetings will not be held for section state meets. A time schedule for the order of events is available from each section meet director.
21. The section entry fee is \$100 per boys team and \$100 per girls team. Ribbons may be awarded to individual winners at the discretion of each section.
22. Eight places will be scored. Scoring will be 10-8-6-5-4-3-2-1 for individual and relay events.
23. All Sectional Meet directors will be required to use Meet Manager software.

The entries for each sectional will be done on line. Information about online entry will be available at the section directors meeting prior to the season. Timing for the State Meets will be done by Xpress Timing, which may be reached at 205-368-9875 or [xpress28@aol.com](mailto:xpress28@aol.com) .

Each section director will be required to use the same meet format as provided by Xpress Timing at the spring directors meeting and then be available online after the meeting. After the section meets each director will be required to send all state qualifiers via results to [xpress28@aol.com](mailto:xpress28@aol.com) no later than noon Sunday following the meet. No later than Wednesday night Xpress Timing will post the heat sheets for the state meets on [www.ahsaa.com](http://www.ahsaa.com) and [www.xpresstiming.com](http://www.xpresstiming.com) . Heat sheets will also be sent to the two state meet directors. All questions and comments about timing and scoring of sectional and state meets should be sent to [xpress28@aol.com](mailto:xpress28@aol.com) .

24. The members of a relay team may be changed between the section and state meet.
26. A participant in an individual event must qualify for the state meet in a section meet (do not ask for exceptions).
27. In case of a tie for the final qualifying place in any section field event, a “jump- off” must be held to determine the qualifier for the state meet. In running events, ties for 8th place will be broken by going to the thousandths (.001) in the participants' times.
28. Once the state meet has started, the referee, along with the games committee when needed, shall resolve all questions that arise during the meet. The decision of the referee is final.
29. Trophies will be awarded to the team winner and runner-up in each of the 12 divisions of competition in the state meet. Medals will be awarded to the first three places in each event of the state meet.
30. A \$20 protest fee is required for all section and state meets.
31. AHSAA-registered officials are required for all meets—2 officials for meets of seven or less schools and 5 officials for meets with 8 or more schools. Coaches that are registered track officials will count in the number of required officials at a meet. The designated fee is \$50 each per day per meet.
32. Rules clinics are mandatory for head track coaches.

## Section Meets

Entries (Form 52) must reach the appropriate section director five days before the meet date.

### CLASS 1A

The girls and boys divisions in each of the four section meets will qualify:

- (a) Six from each individual event
- (b) Six teams from each relay event

Time schedules are available from each section meet director.

### SECTION 1

**Date:** April 24-25

**Site:** Montgomery-Montgomery Academy

**Teams:** Autaugaville, Billingsley, Florala, Georgiana, John Essex, A. L. Johnson, Linden, Loachapoka, Maplesville, Marengo, McKenzie, Notasulga, South Lamar, Sunshine, Sweet Water

**Director:** Kevin Weatherill, Montgomery Academy, 3240 Vaughn Rd., Montgomery, AL 36106

**Phone:** 334-273-7122, ext. 232, or 334-220-9505 (cell). **Fax:** 334-273-7150

**Email:** weatherill.k@montgomeryacademy.org

### SECTION 2

**Date:** April 24-25

**Site:** Guntersville High School

**Teams:** Alabama School for Deaf, Asbury, Cedar Bluff, Donoho, Gaylesville, Holy Family, Ragland, Talladega County Central, Winterboro

**Director:** Randall Taylor, Guntersville High School, 14227 Highway 431 S., Guntersville, AL 35976

**Phone:** 256-582-2046 or 256-302-1130 (cell). **Fax:** 256-582-4742

**Email:** rtaylor@gcboe.net

### SECTION 3

**Date:** April 24-25

**Site:** Falkville-Southpark Track Complex

**Teams:** Appalachian, Athens Bible, Gaston, Marion County, Paint Rock Valley, Speake, Skyline, Westminster School, Whitesburg, Woodville

**Director:** Keith Wilemon, Falkville High School, P. O. Box 388, Falkville AL 35622

**Phone:** 256-784-5248 or 256-773-5557 (home)

**Email:** tkwilemon@morgank12.org

#### **SECTION 4**

**Date:** April 24-25

**Site:** Winfield-Winfield High School

**Teams:** Belgreen, Brilliant, Hazlewood, Hubbard, Lynn, Meek, Parrish, Phillips, Tharptown, Vina

**Director:** Scott Goodwin, Winfield High School, 232 Pirate Cove, Winfield, AL 35544.

**Phone:** 205-487-6900 or 205-487-5164 (home). **Fax:** 205-487-4603.

**Email:** sgoodwin@winfieldal.org

#### **CLASS 2A**

The girls and boys divisions in each of the four section meets will qualify:

(a) Six from each individual event

(b) Six teams from each relay event

Time schedules are available from each section meet director.

#### **SECTION 1**

**Date:** April 24-25

**Site:** Smiths-Smiths Station High School

**Teams:** Francis Marion, Goshen, Houston Academy, Isabella, Lanett, Lineville, Mobile Christian, Randolph County, Reeltown, St. Jude.

**Director:** J. D. Evilsizer, Smiths Station High School, 1100 Lee Rd. 298, Smiths, AL 36877

**Phone:** 706-562-1756 (school), 706-593-4255 (cell) or 334-297-1646 (home)

**Fax:** 334-298-1304. **Email:** jdevilsizer@aol.com

#### **SECTION 2**

**Date:** April 24-25

**Site:** Tuscaloosa-Central High School

**Teams:** American Christian, Keith, North Sand Mountain, Ohatchee, R.C. Hatch, Section, Shades Mountain Christian, Sulligent, Thorsby, Vincent

**Co-Directors:** Deon Irby, Central High School, 905 15th St., Tuscaloosa, AL 35401 and Charles Tiller, American Christian Academy, 2300 Veterans Memorial Pkwy, Tuscaloosa, AL 35404.

**Phone:** Irby: 205-454-5292 (cell), 205-759-3670 (middle school) or 205-633-1544 (home). **Fax:** 205-759-3756

**Email:** dirby@chs.tusc.k12.al.us

Tiller: 205-553-5963 or 205-454-7033. **Fax:** 270-721-4896

**Email:** charlestiller@bellsouth.net

### SECTION 3

**Date:** April 24-25

**Site:** Falkville-Southpark Track Complex

**Teams:** Cold Springs, Cleveland, Falkville, Fultondale, New Century, J.B. Pennington, Sand Rock, Tanner, Westbrook Christian, Westminster Christian,

**Director:** Keith Wilemon, Falkville High School, P. O. Box 388, Falkville AL 35622

**Phone:** Wilemon: 256-784-5248 or 256-773-5557 (home)

**Fax:** 256-784-9438. **Email:** tkwilemon@morgank12.org

### SECTION 4

**Date:** April 24-25

**Site:** Winfield-Winfield High School

**Teams:** Addison, Cherokee, Clements, Lamar County, Lexington, Mars Hill Bible, Phil Campbell, Pickens County, Red Bay, Winston County

**Director:** Scott Goodwin, Winfield High School, 232 Pirate Cove, Winfield, AL 35544.

**Phone:** 205-487-6900 or 205-487-5164 (home). **Fax:** 205-487-4603.

**Email:** sgoodwin@winfieldal.org

### CLASS 3A

The girls and boys divisions in each of the four section meets will qualify:

(a) Six from each individual event

(b) Six teams from each relay event

Time schedules are available from each section meet director.

### SECTION 1

**Date:** April 24-25

**Site:** Montgomery Academy

**Teams:** Aliceville, Bayside Academy, Calhoun, Cottage Hill, Daleville, Geneva, Headland, LAMP, Luverne, Marbury, T. R. Miller, Montgomery Academy, Pike County, Sumter County, Trinity

**Director:** Kevin Weatherill, Montgomery Academy, 3240 Vaughn Rd., Montgomery, AL 36106

**Phone:** 334-273-7122, ext. 232, or 334-220-9505 (cell). **Fax:** 334-273-7150

**Email:** weatherill.k@montgomeryacademy.org

### SECTION 2

**Date:** April 24-25

**Site:** Beauregard

**Teams:** Altamont, B.B. Comer, Dadeville, LaFayette, Leeds, Montevallo, Sumiton Christian, Tarrant, Walter Wellborn

**Director:** Glenn Copeland, Beauregard High School, 7343 Alabama Highway 51, Opelika, AL 36801

**Phone:** 334-745-5916 or 334-705-0507 (home). **Fax:** 334-749-6421  
**Email:** copeland.glenn@lee.k12.al.us

### **SECTION 3**

**Date:** April 24-25

**Site:** Guntersville High School

**Teams:** Brindlee Mountain, Elkmont, Good Hope, Hanceville, Holly Pond, J. B. Pennington, Piedmont, Pisgah, Pleasant Valley, Randolph, Sardis, Susan Moore, Vinemont, West Limestone, White Plains

**Directors:** Randall Taylor, Guntersville High School, 14227 Highway 431 S, Guntersville, AL 35976

**Phone:** 256-582-2046 or 256-302-1130 (cell). **Fax:** 256-582-4742

**Email:** rtaylor@gcboe.net

### **SECTION 4**

**Date:** April 24-25

**Site:** Winfield-Winfield High School

**Teams:** Carbon Hill, Colbert County, Colbert Heights, Cordova, Danville, Hamilton, Lauderdale County, Madison Academy, Northside, Sheffield, West Morgan, Winfield

**Director:** Scott Goodwin, Winfield High School, 232 Pirate Cove, Winfield, AL 35544.

**Phone:** 205-487-6900 or 205-487-5164 (home). **Fax:** 205-487-4603.

**Email:** sgoodwin@winfieldal.org

### **Class 4A**

The girls and boys divisions in each of the four section meets will qualify:

- (a) Six from each individual event
- (b) Six teams from each relay event

Time schedules are available from each section meet director.

### **SECTION 1:**

**Date:** April 24-25

**Site:** Montgomery Academy

**Teams:** Alabama Christian, Andalusia, Brewbaker Tech, Catholic-Montgomery, Elmore County, Holtville, B. C Rain, Hillcrest- Evergreen, Jackson, W.S. Neal, Opp, St. James, UMS-Wright

**Director:** Kevin Weatherill, Montgomery Academy, 3240 Vaughn Rd., Montgomery, AL 36106

**Phone:** 334-273-7122, ext. 232, or 334-220-9505 (cell).

**Fax:** 334-273-7150 **Email:** weatherill.k@montgomeryacademy.org

## SECTION 2

**Date:** April 24-25

**Site:** Birmingham—Mountain Brook High School

**Teams:** Calera, Corner, Dallas County, Dora, Fayette County, Greensboro, Haleyville, Holt, Livingston, Midfield, Oak Grove, Oneonta, Ramsay

**Director:** Greg Echols, Mountain Brook High School, 3650 Bethune Dr., Birmingham, AL 35223.

**Phone:** 205-414-3832. **Fax:** 205-414-3859

**Email:** echolsg@mtnbrook.k12.al.us

## SECTION 3

**Date:** April 24-25

**Site:** Jacksonville - Jacksonville State University

**Teams:** Anniston, Ashville, Cherokee County, Childersburg, Cleburne County, Douglas, Handley, Jacksonville, Lincoln, Munford, Saks, St. Clair County

**Co-Directors:** Jordan Houston, Jacksonville High School, 1000 George Douthit Dr. SW, Jacksonville, AL 36265. **Phone:** 256-435-4177.

**Fax:** 256-435-3015 **Email:** jhouston@jacksonville.k12.al.us

Khari Palmer, Ashville High School, 33215 US Hwy. 231, Ashville, AL 35953. **Phone:** 205-594-7943 or 205-249-5212 (cell). **Fax:** 205-594-4349. **Email:** khari.palmer@sccboe.org or underdogsports@hotmail.com  
(Send entries to Coach Palmer)

## SECTION 4

**Date:** April 24-25

**Site:** Guntersville-Guntersville High School

**Teams:** Brooks, Central-Florence, Columbia, DAR, Deshler, East Lawrence, Fairview, Guntersville, Lawrence County, Locust Fork, North Jackson, Priceville, Rogers, West Point

**Director:** Randall Taylor, Guntersville High School, 14227 Highway 431 S., Guntersville, AL 35976

**Phone:** 256-582-2046 or 256-302-1130 (cell). **Fax:** 256-582-4742

**Email:** rtaylor@gcboe.net

## CLASS 5A

The girls and boys divisions in each of the five section meets will qualify:

- (a) Six from each individual event
- (b) Six teams from each relay event

Time schedules are available from each section meet director.

**SECTION 1****Date:** April 24-25**Site:** Mobile-St. Paul's**Teams:** Citronelle, Demopolis, Escambia County, Faith Academy, Greenville, Gulf Shores, LeFlore, Monroe County, Spanish Fort, St. Paul's, Vigor**Director:** Jim Tate, St. Paul's Episcopal School, 161 Dogwood Lane, Mobile, AL 36608**Phone:** 251-461-2179. **Fax:** 251-342-1844**Email:** jtate@stpaulsmobile.net**SECTION 2****Date:** April 24-25**Site:** Beauregard High School**Teams:** Beauregard, Briarwood, Carroll, Carver-Montgomery, Charles Henderson, Chilton County, Eufaula, John Carroll, McAdory, Selma, Shelby County, Sylacauga, Talladega, Tallassee, Valley, B.T. Washington**Director:** Glenn Copeland, Beauregard High School, 7343 Alabama Highway 51, Opelika, AL 36801**Phone:** 334-745-5916 or 334-705-0507 (home). **Fax:** 334-749-6421**Email:** copeland.glenn@lee.k12.al.us**SECTION 3****Date:** April 24-25**Site:** Gurley-Madison County High School**Teams:** Boaz, Albertville, Arab, Athens, Brewer, Butler, East Limestone, Etowah, Fort Payne, J. O. Johnson, Lee-Huntsville, Madison County, Moody, Muscle Shoals, Scottsboro, Southside-Gadsden.**Director:** Lance McCord, Madison County High School, 174 Brock Rd., Gurley, AL 35748**Phone:** 256-776-6247 or 256-417-3254 (cell). **Fax:** 256-776-4302**Email:** lmccord@madison.k12.al.us**SECTION 4****Date:** April 24-25**Site:** Tuscaloosa-Central High School**Teams:** Brookwood, Carver-Birmingham, Central-Tuscaloosa, Chelsea, Cullman, Curry, Erwin, Fairfield, Hartselle, Hayden, Mortimer Jordan, Parker, Pleasant Grove, Russellville, Springville, Walker, Wenonah, Woodlawn**Co-Directors:** Deon Irby, Central High School, 905 15th St., Tuscaloosa, AL 35401 and Charles Tiller, American Christian Academy, 2300

Veterans Memorial Pkwy, Tuscaloosa, AL 35404.

**Phone:** Irby: 205-454-5292 (cell), 205-759-3670 (middle school)  
or 205-633-1544 (home). **Fax:** 205-759-3756

**Email:** dirby@chs.tusc.k12.al.us

Tiller: 205-553-5963 or 205-454-7033.

**Fax:** 270-721-4896

**Email:** charlestiller@bellsouth.net

### CLASS 6A

The girls and boys divisions in each of the five section meets will qualify:

(a) Six from each individual event

(b) Six teams from each relay event

Time schedules are available from each section meet director.

#### SECTION 1

**Date:** April 24-25

**Site:** Mobile-St. Paul's School

**Teams:** Alma Bryant, Baker, Baldwin County, Blount, Daphne, Davidson,  
Fairhope, Foley, Mary Montgomery, McGill-Toolen, Murphy,  
Robertsdale, Satsuma, Theodore, Williamson

**Director:** Jim Tate, St. Paul's Episcopal School, 161 Dogwood Lane, Mobile, AL  
36608

**Phone:** 251-461-2179. **Fax:** 251-342-1844

**Email:** jtate@stpaulsmobile.net

#### SECTION 2

**Date:** April 24-25

**Site:** Smiths-Smiths Station High School

**Teams:** Auburn, Benjamin Russell, Central-Phenix City, Dothan, Enterprise, Jeff  
Davis, Lee-Montgomery, Northview, Opelika, Prattville, Russell County,  
Sidney Lanier, Smiths Station, Stanhope Elmore, Wetumpka

**Director:** J. D. Evilsizer, Smiths Station High School, 1100 Lee Rd. 298, Smiths,  
AL 36877

**Phone:** 706-562-1756 (school), 706-593-4255 (cell) or 334-297-1646 (home)

**Fax:** 334-298-1304. **Email:** jdevilsizer@aol.com

#### SECTION 3

**Date:** April 24-25

**Site:** Birmingham-Mountain Brook High School

**Teams:** Hillcrest-Tuscaloosa, Homewood, Hoover, Hueytown, Huffman, Jackson-  
Olin, Jess Lanier, Minor, Mountain Brook, Northridge, Oak Mountain,  
Paul Bryant, Pelham, Spain Park, Thompson, Tuscaloosa County,

Vestavia Hills

**Director:** Greg Echols, Mountain Brook High School, 3650 Bethune Dr.,  
Birmingham, AL 35223

**Phone:** 205-414-3832. **Fax:** 205-414-3859

**Email:** echolsg@mtnbrook.k12.al.us

**SECTION 4**

**Date:** April 24-25

**Site:** Madison-Bob Jones High School

**Teams:** Austin, Bob Jones, Buckhorn, Clay-Chalkville, Decatur, Hewitt-  
Trussville, Florence, Gadsden City, Gardendale, Grissom, Hazel  
Green, Huntsville, Oxford, Pell City, Pinson Valley, Shades Valley,  
Sparkman

**Director:** Robin Gaines, Bob Jones High School, 650 Hughes Rd., Madison, AL  
35758

**Phone:** 256-772-6547 or 256-503-2662 (cell). **Fax:** 256-772-6698 .

**Email:** rgaines@madisoncity.k12.al.us

## State Meet — Classes 1A, 2A & 3A

**DATE:** May 1-2

**SITE:** Troy-Troy University Track

**DIRECTOR:** Bob Lambert, Davis Field House, George Wallace Dr., Troy, AL 36082.

**Phone:** 334-372-7060 (cell). **Fax:** 334-670-5695.

**E-mail:** blambert@troycable.net

**ENTRY FEE:** \$100 per team (Payable to: AHSAA)  
\$20 per individual (for four or less entries)  
Submit entry fee upon check-in.

**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:** \$8 per day

**(Note: Coaches must have a valid 2008-09 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.)**

## ORDER OF EVENTS

The times for each event are approximate. Events will progress in the order listed at the same time intervals even if the meet gets ahead or behind the tentative time schedule.

### FIELD EVENTS

Friday, May 1

TIME	EVENT	CLASSIFICATION
9:00 a.m.	Shot Put	2A Boys
	Discus	Wheelchair Boys
	Discus	3A Boys
	Javelin	1A Boys
	Long Jump	3A Girls
	Triple Jump	2A Girls
	High Jump	1A Girls
	Pole Vault	1A Boys
12:00 p.m.	Shot Put	Wheelchair Girls
	Shot Put	3A Girls
	Discus	1A Girls
	Javelin	2A Girls
	Long Jump	2A Boys
	Triple Jump	1A Boys
	High Jump	3A Girls
	Pole Vault	1A Girls
3:00 p.m.	Shot Put	Wheelchair Boys
	Shot Put	3A Boys
	Discus	1A Boys
	Javelin	2A Boys
	Long Jump	1A Girls
	Triple Jump	3A Boys
	High Jump	1A Boys
	Pole Vault	3A Boys

### TRACK EVENTS (PRELIMINARIES)

Friday, May 1

TIME	EVENT	CLASSIFICATION
10:00 a.m.	400 m Relay (4 x 100m)	1A Girls
	400 m Relay (4 x 100m)	1A Boys
	400 m Relay (4 x 100m)	2A Girls
	400 m Relay (4 x 100m)	2A Boys
	400 m Relay (4 x 100m)	3A Girls
	400 m Relay (4 x 100m)	3A Boys
11:10 a.m.	1600 m Run	Wheelchair Girls (finals)
	1600 m Run	Wheelchair Boys (finals)
	1600 m Run	1A Girls (finals)*
	1600 m Run	1A Boys (Finals)*
	1600 m Run	2A Girls (finals)*

	1600 m Run	2A Boys (Finals)*
	1600 m Run	3A Girls (finals)*
	1600 m Run	3A Boys (Finals)*
* Will be run in one heat from two alleys		
12:10 p.m.	400 m Run	Wheelchair Girls (finals)
	400 m Run	Wheelchair Boys (finals)
	400 m Run	1A Girls (Finals)
	400 m Run	1A Boys (Finals)
	400 m Run	2A Girls (Finals)
	400 m Run	2A Boys (Finals)
	400 m Run	3A Girls (Finals)
	400 m Run	3A Boys (Finals)
1:10 p.m.	100 m Hurdles	1A Girls (Prelims)
	100 m Hurdles	2A Girls (Prelims)
	100 m Hurdles	3A Girls (Prelims)
	110 m Hurdles	1A Boys (Prelims)
	110 m Hurdles	2A Boys (Prelims)
	110 m Hurdles	3A Boys (Prelims)
2:00 p.m.	100 m Dash	1A Girls (Prelims)
	100 m Dash	1A Boys (Prelims)
	100 m Dash	2A Girls (Prelims)
	100 m Dash	2A Boys (Prelims)
	100 m Dash	3A Girls (Prelims)
	100 m Dash	3A Boys (Prelims)
2:50 p.m.	800 m Relay (4 x 800 m)	1A Girls (Finals)*
	800 m Relay (4 x 800 m)	1A Boys (Finals)*
	800 m Relay (4 x 800 m)	2A Girls (Finals)*
	800 m Relay (4 x 800 m)	2A Boys (Finals)*
	800 m Relay (4 x 800 m)	3A Girls (Finals)*
	800 m Relay (4 x 800 m)	3A Boys (Finals)*
* Will be run in one heat from two alleys		
3:50 p.m.	200 m Dash	1A Girls (Prelims)
	200 m Dash	1A Boys (Prelims)
	200 m Dash	2A Girls (Prelims)
	200 m Dash	2A Boys (Prelims)
	200 m Dash	3A Girls (Prelims)
	200 m Dash	3A Boys (Prelims)

### FIELD EVENTS (FINALS)

Saturday, May 2

TIME	EVENT	CLASSIFICATION
9:00 a.m.	Shot Put	1A Girls
	Discus	2A Girls
	Javelin	Wheelchair Girls
	Javelin	3A Girls

	Long Jump	1A Boys
	Triple Jump	2A Boys
	High Jump	3A Boys
	Pole Vault	3A Girls
12:00 p.m.	Shot Put	1A Boys
	Discus	2A Boys
	Javelin	Wheelchair Boys
	Javelin	3A Boys
	Long Jump	2A Girls
	Triple Jump	3A Girls
	High Jump	2A Girls
	Pole Vault	2A Boys
3:00 p.m.	Shot Put	2A Girls
	Discus	Wheelchair Girls
	Discus	3A Girls
	Javelin	1A Girls
	Long Jump	3A Boys
	Triple Jump	1A Girls
	High Jump	2A Boys
	Pole Vault	2A Girls

**TRACK EVENTS (FINALS)**  
**Saturday, May 2**

<b>TIME</b>	<b>EVENT</b>	<b>CLASSIFICATION</b>
10:00 a.m.	400 m Relay (4 x 100m)	1A Girls
	400 m Relay (4 x 100m)	1A Boys
	400 m Relay (4 x 100m)	2A Girls
	400 m Relay (4 x 100m)	2A Boys
	400 m Relay (4 x 100m)	3A Girls
	400 m Relay (4 x 100m)	3A Boys
10:30 a.m.	800 m Run	Wheelchair Girls
	800 m Run	Wheelchair Boys
	800 m Run	1A Girls*
	800 m Run	1A Boys*
	800 m Run	2A Girls*
	800 m Run	2A Boys*
	800 m Run	3A Girls*
	800 m Run	3A Boys*
* Will be run in two heats from two alleys on time		
11:30 p.m.	100 m Hurdles	1A Girls
	100 m Hurdles	2A Girls
	100 m Hurdles	3A Girls
	110 m Hurdles	1A Boys
	110 m Hurdles	2A Boys
	110 m Hurdles	3A Boys

12:20 p.m.	100 m Dash	Wheelchair Girls
	100 m Dash	Wheelchair Boys
	100 m Dash	1A Girls
	100 m Dash	1A Boys
	100 m Dash	2A Girls
	100 m Dash	2A Boys
	100 m Dash	3A Girls
	100 m Dash	3A Boys
12:50 p.m.	300 m Hurdles	1A Girls
	300 m Hurdles	2A Girls
	300 m Hurdles	3A Girls
	300 m Hurdles	1A Boys
	300 m Hurdles	2A Boys
	300 m Hurdles	3A Boys
1:50 p.m.	200 m Dash	Wheelchair Girls
	200 m Dash	Wheelchair Boys
	200 m Dash	1A Girls
	200 m Dash	1A Boys
	200 m Dash	2A Girls
	200 m Dash	2A Boys
	200 m Dash	3A Girls
	200 m Dash	3A Boys
2:20 p.m.	3200 m Run	Wheelchair Girls
	3200 m Run	Wheelchair Boys
	3200 m Run	1A Girls*
	3200 m Run	1A Boys*
	3200 m Run	2A Girls*
	3200 m Run	2A Boys*
	3200 m Run	3A Girls*
	3200 m Run	3A Boys*
3:40 p.m.	1600 m Relay (4 x 400m)	1,600 m Run Girls**
	1600 m Relay (4 x 400m)	1,600 m Run Boys**
	1600 m Relay (4 x 400m)	2A Girls**
	1600 m Relay (4 x 400m)	2A Boys**
	1600 m Relay (4 x 400m)	3A Girls**
	1600 m Relay (4 x 400m)	3A Boys**

\* Will be run in one heat from two alleys

\*\* Will run three heats with each heat running a three-turn stagger start.

5:30 PM CHAMPIONSHIP AWARDS CEREMONIES

## State Meet - Classes 4A, 5A & 6A

**DATE:** May 1-2

**SITE:** Gulf Shores-City Municipal Track

**DIRECTOR:** Houston Young, Gulf Shores

**Phone:** 251-965-6545

**Fax:** 251-974-1094 **Email:** houston211@hotmail.com

**ENTRY FEE:** \$100 per team (Payable to: AHSAA)

\$20 per individual (for four or less entries)

Submit entry fee upon check-in.

**ENTRIES:** Each section director must email section results to Xpress Timing at xpress28@aol.com using the same meet format provided by Xpress Timing.

**SCRATCH MEETING:** 8 a.m. Friday and Saturday.

**ADMISSION:** \$8 per day

**(Note: Coaches must have a valid 2008-09 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.)**

## ORDER OF EVENTS

The times for each event are approximate. Events will progress in the order listed at the same time intervals even if the meet gets ahead or behind the tentative time schedule.

### FIELD EVENTS

Friday, May 1

TIME	EVENT	CLASSIFICATION
9:00 a.m.	Shot Put	5A Boys
	Discus	Wheelchair Boys
	Discus	6A Boys
	Javelin	4A Boys
	Long Jump	6A Girls
	Triple Jump	5A Girls
	High Jump	4A Girls
	Pole Vault	4A Boys
	12:00 p.m.	Shot Put
Shot Put		6A Girls
Discus		4A Girls
Javelin		5A Girls
Long Jump		5A Boys
Triple Jump		4A Boys
High Jump		6A Girls
Pole Vault		4A Girls
3:00 p.m.		Shot Put
	Shot Put	6A Boys
	Discus	4A Boys
	Javelin	5A Boys
	Long Jump	4A Girls
	Triple Jump	6A Boys
	High Jump	4A Boys
	Pole Vault	6A Boys

### TRACK EVENTS (PRELIMINARIES)

Friday, May 1

TIME	EVENT	CLASSIFICATION
10:00 a.m.	400 m Relay (4 x 100m)	4A Girls

	400 m Relay (4 x 100m)	4A Boys
	400 m Relay (4 x 100m)	5A Girls
	400 m Relay (4 x 100m)	5A Boys
	400 m Relay (4 x 100m)	6A Girls
	400 m Relay (4 x 100m)	6A Boys
11:10 a.m.	1600 m Run	Wheelchair Girls (finals)
	1600 m Run	Wheelchair Boys (finals)
	1600 m Run	4A Girls (finals)*
	1600 m Run	4A Boys (Finals)*
	1600 m Run	5A Girls (finals)*
	1600 m Run	5A Boys (Finals)*
	1600 m Run	6A Girls (finals)*
	1600 m Run	6A Boys (Finals)*
	* Will be run in one heat from two alleys	
12:10 p.m.	400 m Run	Wheelchair Girls (finals)
	400 m Run	Wheelchair Boys (finals)
	400 m Run	4A Girls (Finals)
	400 m Run	4A Boys (Finals)
	400 m Run	5A Girls (Finals)
	400 m Run	5A Boys (Finals)
	400 m Run	6A Girls (Finals)
	400 m Run	6A Boys (Finals)
1:10 p.m.	100 m Hurdles	4A Girls (Prelims)
	100 m Hurdles	5A Girls (Prelims)
	100 m Hurdles	6A Girls (Prelims)
	110 m Hurdles	4A Boys (Prelims)
	110 m Hurdles	5A Boys (Prelims)
	110 m Hurdles	6A Boys (Prelims)
2:00 p.m.	100 m Dash	4A Girls (Prelims)
	100 m Dash	4A Boys (Prelims)
	100 m Dash	5A Girls (Prelims)
	100 m Dash	5A Boys (Prelims)
	100 m Dash	6A Girls (Prelims)
	100 m Dash	6A Boys (Prelims)
2:50 p.m.	800 m Relay (4 x 800 m)	4A Girls (Finals)*
	800 m Relay (4 x 800 m)	4A Boys (Finals)*

	800 m Relay (4 x 800 m)	5A Girls (Finals)*
	800 m Relay (4 x 800 m)	5A Boys (Finals)*
	800 m Relay (4 x 800 m)	6A Girls (Finals)*
	800 m Relay (4 x 800 m)	6A Boys (Finals)*

\* Will be run in one heat from two alleys

3:50 p.m.	200 m Dash	4A Girls (Prelims)
	200 m Dash	4A Boys (Prelims)
	200 m Dash	5A Girls (Prelims)
	200 m Dash	5A Boys (Prelims)
	200 m Dash	6A Girls (Prelims)
	200 m Dash	6A Boys (Prelims)

### FIELD EVENTS (FINALS)

Saturday, May 2

TIME	EVENT	CLASSIFICATION
9:00 a.m.	Shot Put	4A Girls
	Discus	5A Girls
	Javelin	Wheelchair Girls
	Javelin	6A Girls
	Long Jump	4A Boys
	Triple Jump	5A Boys
	High Jump	6A Boys
	Pole Vault	6A Girls
12:00 p.m.	Shot Put	4A Boys
	Discus	5A Boys
	Javelin	Wheelchair Boys
	Javelin	6A Boys
	Long Jump	5A Girls
	Triple Jump	6A Girls
	High Jump	5A Girls
	Pole Vault	5A Boys
3:00 p.m.	Shot Put	5A Girls
	Discus	Wheelchair Girls
	Discus	6A Girls
	Javelin	4A Girls
	Long Jump	6A Boys
	Triple Jump	4A Girls

High Jump	5A Boys
Pole Vault	5A Girls

**TRACK EVENTS (FINALS)**  
**Saturday, May 2**

<b>TIME</b>	<b>EVENT</b>	<b>CLASSIFICATION</b>
10:00 a.m.	400 m Relay (4 x 100m)	4A Girls
	400 m Relay (4 x 100m)	4A Boys
	400 m Relay (4 x 100m)	5A Girls
	400 m Relay (4 x 100m)	5A Boys
	400 m Relay (4 x 100m)	6A Girls
	400 m Relay (4 x 100m)	6A Boys
10:30 a.m.	800 m Run	Wheelchair Girls
	800 m Run	Wheelchair Boys
	800 m Run	4A Girls*
	800 m Run	4A Boys*
	800 m Run	5A Girls*
	800 m Run	5A Boys*
	800 m Run	6A Girls*
	800 m Run	6A Boys*
* Will be run in two heats from two alleys on time		
11:30 p.m.	100 m Hurdles	4A Girls
	100 m Hurdles	5A Girls
	100 m Hurdles	6A Girls
	110 m Hurdles	4A Boys
	110 m Hurdles	5A Boys
	110 m Hurdles	6A Boys
12:20 p.m.	100 m Dash	Wheelchair Girls
	100 m Dash	Wheelchair Boys
	100 m Dash	4A Girls
	100 m Dash	4A Boys
	100 m Dash	5A Girls
	100 m Dash	5A Boys
	100 m Dash	6A Girls
	100 m Dash	6A Boys

12:50 p.m.	300 m Hurdles	4A Girls
	300 m Hurdles	5A Girls
	300 m Hurdles	6A Girls
	300 m Hurdles	4A Boys
	300 m Hurdles	5A Boys
	300 m Hurdles	6A Boys
1:50 p.m.	200 m Dash	Wheelchair Girls
	200 m Dash	Wheelchair Boys
	200 m Dash	4A Girls
	200 m Dash	4A Boys
	200 m Dash	5A Girls
	200 m Dash	5A Boys
	200 m Dash	6A Girls
2:20 p.m.	3200 m Run	Wheelchair Girls
	3200 m Run	Wheelchair Boys
	3200 m Run	4A Girls*
	3200 m Run	4A Boys*
	3200 m Run	5A Girls*
	3200 m Run	5A Boys*
	3200 m Run	6A Girls*
3200 m Run	6A Boys*	

\* Will be run in one heat from two alleys

3:40 p.m.	1600 m Relay (4 x 400m)	4A Girls**
	1600 m Relay (4 x 400m)	4A Boys**
	1600 m Relay (4 x 400m)	5A Girls**
	1600 m Relay (4 x 400m)	5A Boys**
	1600 m Relay (4 x 400m)	6A Girls**
	1600 m Relay (4 x 400m)	6A Boys**

\*\* Will run three heats with each heat running a three-turn stagger start.

5:30 PM CHAMPIONSHIP AWARDS CEREMONIES

## Season Event Dates

February 27-28	Hoover Invitational
February 28	East Alabama Relays (Smiths Station)
February 28	USA Premier Invitational (Mobile)
February 28	Running Wild/Justin Gatlin Invitational (Pensacola)
March 6-7	Vestavia Invitational (Vestavia Hills)
March 7	St. Paul's Relays (Mobile)
March 13-14	Leeds Greenwave Invitational
March 14	Max Bruner Jr. Invitational (Fort Walton Beach)
March 14	Redcoat Relays (Madison)
March 14	Southeastern Relays (Gulf Shores)
March 14	Cullman Invitational
March 14	Central Invitational (Phenix City)
March 14	Hornet Invitational (Beauregard)
March 21	Auburn Relays
March 24	Northridge Jaguar Relays (Tuscaloosa)
March 24	Mountain Brook Invitational
March 26-28	Florida State Relays (Tallahassee)
March 27-28	7th Annual Character Games (Atlanta)
March 27-28	Port City Decathlon/Heptathlon (St. Paul's)
March 27-28	Oak Mountain Invitational
March 28	Charity Throws Meet (UMS-Wright)
March 28	Leeds Relays
March 28	Patriot Games (Madison)
March 28	Opelika Invitational
April 3-4	Mobile Challenge of Champions
April 4	Falcon Invitational (Central-Tuscaloosa)
April 4	Fort Payne Invitational
April 4	Robert E. Lee Invitational (Montgomery)
April 10-11	Mountain Brook Invitational
April 11	Leeds Invitational
April 11	Scottsboro Invitational
April 11	Panther Invitational (Smiths Station)
April 11	Invitational of the South (Benton, Ky.)
April 18	Bob Jones Invitational (Madison)

