

2015 Metro Track & Field Championships

Monday & Tuesday April 6- 7, 2015 at Milton Frank Stadium

All Public & Private Huntsville, Madison & Madison County AHSAA Schools
Host School Columbia High School
AHSAA Sanctioned

Date: Monday 3:00 pm- 8:00 pm & Tuesday 3:00 pm- 9:00 pm on April 6- 7, 2015.

Time: 3:00 pm for field events, 3:30 pm for track events.

Schedule of Events: see 2nd page.... All events on a rolling schedule.

Host Schools & Meet Site: Columbia High School for meet sanctioning & Alabama Runner posting & James Clemens High School for making electronic timing arrangements.
Meet site is at Milton Frank Stadium in Huntsville, Alabama.

Cost: \$50.00 per team or \$100.00 per school for both girls & boys teams, or \$10.00 per athlete (whichever is cheaper). Payment is due at the meet before teams can pick up their packets.

Make checks payable to Metro Coaches Association track & field account.

Gate Fee: An admission fee of \$6.00 per day will be charged for ALL non- athletes. Coaches and officials MUST present AHSAA coaches/ officials card at gate for FREE admission.

Entries: Championship format: 3 athletes per school per event and 1 relay per school per event. Team entries MUST be completed via Alabama Runners <http://al.milesplit.com> and no entries will be accepted if emailed or snail mailed.

Entry Deadline: Friday, April 3, 2015 at 11:59 pm EDT (for us **10:59 pm Central Time**).

Which Schools may Enter: All Public & Private AHSAA member high schools from the City of Huntsville, the City of Madison and from Madison County.

Awards: Trophies for the top 3 teams and medals for the top 3 athletes per event will be given out. Top female & male point scorer will receive a personalized meet MVP trophy as well.

Meet Officials: A minimum of seven (7) AHSAA Officials, probably more, will be present each day of competition.... ALL schools are expected to provide at least 2 people (parent or student/ athlete) to assist certified officials at event.

Coaches & Officials Hospitality Table: The Metro Coaches Association will provide submarine sandwiches and chilled bottled water for both days competition. Participating teams are asked to help out by providing some sandwiches and/ or soda drinks, but this is not required.

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MEET SCHEDULE

MONDAY April 6

RUNNING EVENTS

3:30 pm	4x100 relay Preliminaries (Pre)	
	1600 meter	Final
	400 meter	Final
	100/ 110 hurdles	Pre
	100 meter	Pre
	4x800 relay	Final
	200 meter	Pre

FIELD EVENTS

3:00 pm	Boys Discus, PV, TJ
	Girls: HJ, SP
5:00 pm	Boys shot put
	Girls Discus, LJ

TUESDAY APRIL 7

RUNNING EVENTS

3:30 pm	3200 meter	Final
	4x100 relay	Final
	100/ 110 hurdles	Final
	100 meter	Final
	300 hurdles	Final
	200 meter	Final
	800 meter	Final
	4x400 relay	Final

FIELD EVENTS

3:00 pm	Boys javelin, HJ
	Girls pole vault, TJ
5:00 pm	Boys long jump
	Girls javelin

All first marks will be measured for shot put, discus, javelin, long jump, triple jump. After that the following minimum standards for state 1A must be met to receive a measurement:

<u>Minimums:</u>	<u>Boys</u>	<u>Girls</u>
Shot Put	34'0"	26'0"
Discus	90'0"	65'0"
Javelin	115'0"	65'0"
Long Jump	17'0"	13'0"
Triple Jump	34'0"	26'0"
Pole Vault	8'0"	6'0"
High Jump	5'4"	4'2"

Running Event order will be girls followed by boys. In the event of cancelation due to bad weather the make- up day will be on Wednesday April 8, 2015.