2021 Middle School (7/8th) Junior Varsity (9-12th) East Alabama Track & Field Meets

Start Time:	All meets will begin at 5:00pm CST / 6:00pm EST	
Equipment:	Starting blocks will be provided. All field implements (except pole vault poles) will become property of the field for the duration of the meet.	
Middle School Entries: **GRADES 7&8 ONLY**	Limitations for entry are as follows:	2 relays per Team
	3 athletes per laned event	3 athletes per field event
	4 athletes per non-laned event	2 attempts in field events except vertical jumps
Junior Varsity Entries: **GRADES 9-12** (Non-Varsity Athletes)	Limitations for entry are as follows:	2 relays per Team
	3 athletes per laned event	3 athletes per field event
	4 athletes per non-laned event	2 attempts in field events except vertical jumps
Entry Fees:	There will be a $75 entry fee **per School for each Division;** MS/JH & JV are different divisions. This is to cover the cost of meet officials and management materials. No Awards. All entries will be done online at www.alabamarunners.com for each meet.	
Entry Dealines:	** Entries due by 5pmET: Sunday before a Tuesday Meet	
Verification of Entry	A prinout of your entries will serve as verification of your entries.	
Substitutions	Can be made for an athlete ENTERED in an event. The name will stay the same in the computer and they will keep the seed mark for the original athlete.	
Rules	Meet will use NFHS and AHSAA rules books for any infractions	
Important	Maximum Spike Length is 1/4" and NO needle or pyramid type spikes. Violation is a DQ.	
Scoring	10-8-6-5-4-3-2-1	
Field Events	* 1st legal attempt will be measured * 2 attempts per person (excludes vertical jumps) * Finals Only	
Appeals	Any appeal must be given to the referee in writing accompanied with $25.00 within 30 mins of infraction. If appeal is upheld, the money will be refunded. Appealable offenses are misapplications of NHFS/AHSAA rules. Judgement calls cannot be appealed.	
Events	We will be running 2 split event schedules during the weekday meets. See below:	

Meet Setup #A-		**Meet Setup #B-**	
300H	Shot Put	4x800m	Discus
100m	Long Jump	100/110 H	Pole Vault
1600m	Javelin	200m	Triple Jump
800m	High Jump	3200m	High Jump
4x100m		400m	
4x400m		4x100m	