

<b>Facility and Equipment</b>	<p>6 lane hydraulic banked track. 60m runway and field events in the center. Shot Put in the cage under the scoreboard.</p> <p>Starting blocks and shots will be provided. Please leave yours at home. You must provide your own batons for the relays and poles for pole vault.</p> <p><b>¼ " Pyramid Spikes only.</b> No other spikes are allowed. Athletes must have their spikes checked before competing. Spikes that do not meet regulation will not be permitted in competition.</p>
<b>Entries and Registration</b>	<p>Timing is FAT by XPRESS Timing.</p> <p>Only teams that are members of the AHSAA are allowed to compete. Club teams, non-member schools, out of state teams and unattached entries are not permitted. 7th &amp; 8th graders are the only eligible grade levels.</p> <p>Unlimited entries per team. Unlimited relays. Limit of <b>2 events per athlete (including relays).</b></p> <p>Registration is online at <a href="http://al.milesplit.com">http://al.milesplit.com</a>. You must set up your team's roster on this site. Please follow directions posted on the site.</p> <p>Deadline to register is <b>TUESDAY, DEC. 10 @ MIDNIGHT</b>. No late entries will be accepted.</p> <p>Questions/issues with AL Milesplit entries/team account: Tim Loreman <a href="mailto:tlorem@al.milesplit.com">tlorem@al.milesplit.com</a></p>
<b>Entry Fee or Workers</b>	<p>\$300 OR provide 2-4 workers at each assigned field event. Field event assignments per team will be posted after registration closes. IF YOU ARE PAYING \$300, email Coach Williams immediately so that you are not assigned a working assignment. Field event workers are working to waive the \$300 fee. Workers still have to pay parking and gate.</p> <p>Entry fee is \$300 for teams who do not provide workers. Make checks payable to: Birmingham City Schools - Attn. Coach Pope 125 63rd Street North Room 102 Birmingham, AL 35212 <i>Checks must be brought to the CrossPlex or mailed no later than 1 week prior to the meet. Let Coach Williams know if you mail in your check. BHM City schools do not owe the \$300 entry fee.</i></p>
<b>Entry Deadline</b>	<p><b>TUESDAY, DEC. 10 @ MIDNIGHT</b> No entries will be accepted after that time.</p>
<b>Sanctioning</b>	<p>Is not required for this meet.</p>
<b>Spike Check</b>	<p>Each coach is to perform your own spike check on your team. Get your spike check tags on the Registration Window. ¼" Pyramid spikes are the only spike permitted. Any athlete who wears spikes without being properly checked will be sent back to get them checked by their coach. Teams who are repeat violators of not performing spike checks on their team will not be allowed to continue that day's competition.</p>
<b>Verification of Entries</b>	<p>Bring a printout of your entries to the meet. This will serve as your entry verification.</p>
<b>Clerking/Scratches</b>	<p>There are no additions and substitutions at the meet. All runners must check in at the clerk when called. After the final call, athletes will be scratched. All field events will check in at that field event.</p>
<b>Rules</b>	<p>We will use NFHS and AHSAA rules.</p>
<b>Heat Sheets</b>	<p>Heat Sheets will be posted on <a href="http://al.milesplit.com">http://al.milesplit.com</a>. Coaches must print their own hard copies. Copies will not be posted at the CrossPlex.</p>

<b>Field Events</b>	For Horizontal Events (Shot Put, Long Jump): We will run two Long Jump pits at 4PM. Flight sheets will be used from best to worst. Athletes will be allowed to jump and/or put out of flight order but only in either the first flight or the last flight. This is to allow athletes with conflicting events to jump and/or put around their running event. 1 Shot put pit at a time.  For Vertical Events (Pole Vault, High Jump): We will run 2 pits beginning at 4:00. Athletes who leave to compete in other events and return, will jump at that current height.
<b>Appeals</b>	Any appeal must be given to the meet referee in writing, accompanied with a \$25.00 fee within 30 minutes of the infraction. If the appeal is upheld, the money will be refunded. Appealable offenses are misapplication of ASHAA and NFHS rules. Judgment calls cannot be appealed.
<b>Coaches Cards</b>	Only valid 2022-23 AHSAA Coaches cards will be checked at the gate. Adults who do not have a valid coaches card will be charged the gate fee, even volunteer workers.
<b>Gate/Parking</b>	Gate fee is \$8 per person, even volunteer workers. Go to <a href="http://www.gofan.co">www.gofan.co</a> under Birmingham City Schools to purchase tickets (service fee may apply).  Parking is \$5. The City of Birmingham collects this. Parking in the shopping center across the street is not allowed- violators will be towed. Even volunteer workers must pay for parking.
<b>Concession/Outside Food</b>	Concessions will be available. Prices vary. No outside food/drinks are permitted in the CrossPlex.
<b>Mask policy</b>	At this time there is no formal policy requiring masks at the CrossPlex.
<b>Scoring</b>	No team scoring for the regular season meets. Unlimited scoring at the Gold Championship.
<b>Gold Championship</b>	Jan. 19, 2023 @5PM. Unlimited scoring. Only qualified athletes may compete in no more than 3 events in which they have qualified (including relays). See the Gold Standards Qualification list. \$5 per athlete, \$10 per relay. Fees payable to: Pizitz Middle School 2826 Columbiana Rd. Vestavia Hills, AL 35216 NO PERSONAL CHECKS. Only school-issued checks. Payment is due the day of the meet.
<b>Location</b>	Birmingham CrossPlex 2331 Bessemer Road Birmingham, AL 35208 Take I-20/59 to exit #120. Go south for 1 mile. The CrossPlex is on your left.
<b>Contact</b>	Meet Director: Jason Williams <a href="mailto:williamsjm@vhcs.us">williamsjm@vhcs.us</a> Questions/issues with your results/timing: Dan Passen at <a href="mailto:xpress28@aol.com">xpress28@aol.com</a> Questions/issues with AL Milesplit entries/team account: Tim Loreman <a href="mailto:tlorem@milesplit.com">tlorem@milesplit.com</a>

**Schedule of Events: MIDDLE SCHOOL SCHEDULE #1**

**TRACK EVENTS (Girls compete first in all running events)**

4:00PM  
1600  
400  
60M Hurdles  
60M Dash  
800  
4x200M Relay

**FIELD EVENTS**

4:00PM -  
High Jump (2 pits, girls and boys at separate pits)  
Pole Vault (2 pits, girls and boys at separate pits)  
Long Jump (2 pits, girls and boys at separate pits)  
GIRLS Shot Put, followed by BOYS Shot Put