

FRIDAY

Friday Coaches Meeting will be **9:15amEST/8:15amCST** - please plan on attending for info, meal tickets, and entry fee payments.

FRIDAY SCHEDULE OF EVENTS

Field Events will begin at **10am EST Friday.**

RUNWAY 1	RUNWAY 2	SHOT PUT	DISCUS	JAVELIN	HJ
7A Boys Long Jump	7A Girls Triple Jump	7A Boys	7A Girls	5A Boys	5A Boys
5A Boys Triple Jump	7A Boys PV 7A Girls PV	5A Boys	5A Girls	7A Girls	7A Boys
7A Boys Triple Jump	5A Girls Long Jump	5A Girls	5A Boys	7A Boys	7A Girls
5A Boys Long Jump	7A Girls Long Jump	7A Girls	7A Boys	5A Girls	5A Girls
	5A Girls Triple Jump				

They will work on a rolling start format by event location. As one event at a location ends, the next will be called for check-in and warm-ups.**FRIDAY SCHEDULE OF RUNNING EVENTS**

The order will be 7A Girls/7A Boys, 5A Girls/5A Boys
(except in hurdles it will be girls/boys)

Start time is **10am EST** (then resume at 11:30amET with 4x1 prelims)

1600m (7A Girls- 10:00, 7A Boys- 10:10, 5A Girls- 10:20, 5A Boys- 10:30)

4x100m FINALS ON TIME

400m

100H FINALS ON TIME

110H FINALS ON TIME

100m Prelims

4x800m

200m Prelims

300H

SATURDAY

Coaches Meeting will be **9:15am EST Friday**- please plan on attending for info, meal tickets, and entry fee payments.

SATURDAY SCHEDULE OF FIELD EVENTS

RUNWAY 1	RUNWAY 2	SHOT PUT	DISCUS	JAVELIN	HJ

SATURDAY SCHEDULE OF RUNNING EVENTS ONLY

The order will be 7A Girls/7A Boys, 5A Girls/5A Boys

Tentative start time is **10:00am EST** for the **3200m**

3200m (7A Girls- 10:00am, 1A Girls- 10:20am, 7A Boys- 10:40am, 1A Boys- 11:00am)

100m Finals

800m

200m Finals

4x400m

2026 5A Section 2 / 7A Section 2

April 24-25, 2026

Smiths Station – JD Evilsizer Track Complex

1150 Mullin Road Smiths Station, Alabama 36877

Equipment	Starting Blocks will be provided. We are asking that ALL schools should bring their own field implements. (Throwing implements will be weighed, those not meeting standard will be impounded. Signed PV weight form will be required.
Start Time	Friday: 10am ET field, 10amET Running / Saturday: All at 10amET ** All times are in EASTERN TIME- <u>Coaches meeting 45 minutes before first event.</u>
Registration	Will be online at http://al.milesplit.com . Go to the meet calendar and find this meet by date and name.
Entries	<u>There is an entry limit of 3 athletes per event, and 1 relay. A varsity athlete may enter up to 4 events excluding relays. A competitor shall not compete in more than four events, including relays.</u> Seeding for Sectional Meets must be based on verifiable performances in the Alabamarunners.com database. Athletes with no performances in the database will receive a NT or ND for seeding purposes.
Communications	<u>PLEASE make sure you list a VALID Email & Cell Number when entering your team!</u> This is very important if we need to make any changes due to weather. Check emails and calls please!
Entry Deadline	TUESDAY, April 21st 2026 at midnight ET. No entries will be taken after that time! Performance lists will be posted by April 23rd on AlabamaRunners at the meet page.
Entry Fee	Entry will be \$150 per gender/ \$300 per school. \$20 per individual for under 4 athletes. Payable to: SSHS Track <u>Meet day payment is preferred but if you need to mail it use this address:</u> SSHS T&F 4228 Panther Parkway Smiths Station, Al. 36877
Verification	A Printout of your entries will serve as your verification of entry into the meet.
Uniforms	Alabama uniform rules will be strictly enforced.
Order of Events	Schedule of Events (SOE) can be found on the meet webpage.
Clerking / Scratches	There will be no additions at the meet. All runners must check in 20 minutes before their race or be scratched. Final call at 10 mins at which time athletes MUST stay with the Clerk in the warm-up area. Events will start on time.
Awards	Trophies will be awarded to the top two (2) teams in each section and both boys & girls divisions. Medals will be awarded to the top 3 in each event. Section MVP's will be also be awarded.
Rules	We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.

Scoring**Individual:** 10-8-6-5-4-3-2-1**Relays:** 10-8-6-5-4-3-2-1**Running Events**

Minimum distances/opening heights can be found in the AHSAA Spring Book. Each competitor will have 3 attempts with Top 9 advancing to finals. Minimums can be found at <https://www.ahsaa.com>

Maximum Spike Length

The maximum spike length allowed will be $\frac{1}{4}$ " The penalty for failure to comply is disqualification after being warned.

Field Events

Minimum distances/opening heights can be found in the AHSAA Spring Book. Each competitor will have 3 attempts with Top 9 advancing to finals.

Results

Live Results will be provided- a smart device with internet connection is necessary. Paper results will also be posted on the board by the clerks area.

Appeals

Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 minutes of infractions. If appeal is upheld, the money will be refunded. Appealable offenses are misapplications of NFHS rules. Judgment calls cannot be appealed.

Contact

Meet Director: Ron Peters

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