



Alabama Independent School Association

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Event: AISA State Track Meet (Girls and Boys)

Date: April 21-22, 2010

Place: Ralph "Shug" Jordan Memorial Stadium, Selma, AL

Meet Director: David Walker, Clarke Prep School

Meet Schedule: **Wednesday, April 21, 2010**
10:30 a.m. - Scratch meeting at track
(All coaches attend)
12:00 p.m. - Preliminaries (Field Events)
Preliminaries (Track Events) Follow
Thursday, April 22, 2010
12:00 p.m. Scratch Meet for Thursday Finals
Finals (Field Events)
(Track Finals Follow)

Entry Fee: Entry fee due by **April 15, 2010** (made payable to AISA)
\$50.00 per team

NOTE:
NOW ONLINE
REGISTRATION!
PLEASE READ!!!

(Example: "Runner Academy" is entering two teams, a girl team and a boy team; therefore, their entry fee would be \$100.00.)

Online Registration: You **MUST** register **online** at the C.F.P.I. Timing website, www.cfpitiming.com. At this website, you will log in, and you will get your I.D. and password from the system. Coaches will go to the link and fill the form out and submit. **Please read the Track Guidelines/Rules in the AISA Athletic Handbook before listing entries. LATE ENTRIES WILL NOT BE ALLOWED TO PARTICIPATE!!**

A copy of your online entry form **MUST BE** in Coach Rob's office, Morgan Academy, by **April 15, 2010** (fax: 334-875-4465). The entry form must be submitted **BOTH** to C.F.P.I Timing and to Coach Rob, Morgan Academy, by **April 15, 2010.**

Entry Criteria:

- A. **Reminder:** Each school's track coach is responsible for all entries submitted. Any mistake made by a school's coach in a listing of a participant and/or record will result in a disqualification of that student athlete. Therefore, coaches **make sure** your entries are correct before submitting them online. The Scratch Meeting will be only for removing entrants.
- B. All entries must have competed in at least two (2) regular season **AISA** track meets or be part of a team that has participated in at least two (2) **AISA** meets. **NOTE:** All participants entering an individual event must have participated in that event at least once during the regular season and have a recorded time or distance (300 IH excluded).

- C. A school may enter a maximum of two (2) participants in all individual events. Note: A third participant may be entered if all three (3) entries have a time or distance which is equal to or better than the minimum qualifications that follow.

The AISA Qualifying Standards for the third participant are:

	<u>GIRLS</u>	<u>BOYS</u>
TJ	28'6	38'0
300IH	60.0	47.0
HJ	4'6	5'8"
LJ	15'0"	19'5"
SHOT	29'6"	40'0"
DISCUS	80'0"	110'0"
3200	14:00	11:45
100	13.50	11.50
LH/HH	18.50	19.0
1600	6:15	5:20.0
400	1:06.0	56.0
800	2:50.0	2:18.0
200	29.0	24.00

Coaches, please enter competitive people only.

- D. Schools may enter only one (1) team in each relay.

Participation Regulations:

- A. An individual may compete in a maximum of five (5) events if at least one of these is a field event.
- B. Individual and relay team attire must meet AISA/NFHS requirements.
- C. Spikes must meet track requirements (1/4" maximum length).
- D. Relay substitutes must be listed on entry form

Lane Assignments:

- A. Lane assignments for preliminaries will be determined by time submitted on entry form.
- B. Lane assignments for finals will be determined by preliminary qualifying time and/or order of heat finish.

Finals Qualifying Criteria:

- A. Field Events: Each entry will get three (3) tries in preliminaries. The top eight (8) places will advance to finals.
- B. Track Events: The top eight (8) places, based on times and/or order of heat finish, will advance to finals.

Rules Committee:

The Meet Director and AISA Director will appoint a Rules Committee to handle grievances. Coaches, please bring watches, tapes, etc., as you may have to help during the meet.