



Alabama Independent School Association

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Event: AISA State Track Meet (Girls and Boys)
Date: April 13-14, 2016
Place: Ralph "Shug" Jordan Memorial Stadium, Selma, AL
Meet Director: David Walker, Escambia Academy
Meet Schedule: **Wednesday, April 13, 2016**
10:30 a.m. - Scratch meeting at track
(All coaches attend)
12:00 p.m. - Preliminaries (Field Events)
Preliminaries (Track Events) Follow
Thursday, April 14, 2016
11:00 a.m. Finals (Field Events)
(Track Finals Follow)
Coaches, pick up information under tent.

**NOTE: ONLINE
REGISTRATION!
PLEASE READ!!!**

Entry Fee: Entry fee due by **April 7, 2016** (made payable to AISA)
\$60.00 per team

(Example: "Runner Academy" is entering two teams, a girl team and a boy team; therefore, their entry fee would be \$120.00.)

Online Registration: You **MUST** register **online** at the C.F.P.I. Timing website, www.cfpitiming.com **NO LATER THAN 9:00 p.m., SUNDAY, April 10, 2016.** 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, **NO LATER THAN MIDNIGHT, SUNDAY, April 10, 2016** (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 10, 2016.**

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 one (2) regular season **AISA** track meets or be part of a team that has participated in at least one (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:

	GIRLS	BOYS
Triple Jump	29'0	38'0
High Jump	4'8	5'8"
Long Jump	15'0	19'0
Shot Put	28'	40'0"
Discus	71'0	109'0
100LH/110 HH	19.0	19.0
100 M Dash	13.5	11.5
1600 M Run	6:25	5:15
400 M Dash	1:07.0	55.0
300 IH	54.0	46.0
800 M Run	2:52	2:17.0
200 M Dash	29.0	24.0
3200 M Run	14:30	12:30

*These standards were calculated by averaging the 4th place times/distances in the state meet over the last 5 years. If the numbers were very close to the previous standard, the time/distance did not change. Also, as much as possible, the times/distances were rounded to the nearest whole number.

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.