



CENTRAL HIGH SCHOOL
2400 Dobbs Drive
Phenix City, AL 36870



T & F Coordinator: E. Charles Fortune, III

Girls Head Coach: Whitney Hayes

Assistant Coaches:

Genniefer Meeks

Zachery Berklin

Adrian Lyles

2012 Coach "O" Invitational Track Meet

General Information

WHEN: Saturday, March 17, 2012

ENTRY DEADLINE: Electronic entries must reach www.coacho.com by Wednesday, March 14, 2012
12:00 midnight

WHERE: Central High School 2400 Dobbs Drive Phenix City, Alabama 36870

TIME: 9:30 AM EST (Coaches meeting 9:00 AM)

CLASSIFICATIONS: Varsity Boys & Girls Divisions ONLY; B-Team may enter

FACILITY: Eight lane rubberized track, 2 long jumps, pit pole vault pit, separate throws venue for shot put and discus adjacent to track. The javelin will be thrown on the infield.

WARM-UP AREA: Upper field adjacent to shot put and discus venue

CLERK OF COURSE:

PARTICIPATION: An athlete can participate in a total of FOUR (4) events, this includes individual & relay events.

*Teams may enter no more than three athletes per individual event & only 1 relay team.

SANCTION: This meet is sanctioned by the Alabama & Georgia High School Athletic Associations.

EVENT SCHEDULE: Format is copied from the AHSAA event schedule

EVENT RULES: All rules and regulations of the AHSAA will be enforced.

TIMING: Fully automatic timing

ENTRY FEE: \$70.00 per team (Boys' Team \$70.00 + Girls' Team \$70.00 total \$140.00)

MAKE CHECKS PAYABLE TO: Central High School Track Team

SUBSTITUTES: Substitutions can only be made during the coaches meeting for **entered** athletes.
The names and seed times entered will remain the same in the computer.

SCRATCHES: All scratches should be submitted to phenixtrack@pcboe.net by Thursday, March 15, 2012, by 5:30 PM so that heats can be seeded and printed.

***** All check-ins will be closed 15 minutes after the final calls for all events.**

APPEALS: Any appealable offense of a misapplication of a NFHSA rule must be given to the Meet Director in writing accompanied with \$25.00 within 30 minutes of the infraction. If the appeal is upheld the appeal fee will be refunded.

AWARDS: Trophies will be awarded to the top THREE (3) teams in both the boys' & girls' divisions.
Medals will be awarded to the first, second, and third place finishers in each event.

Coaches please inform your athletes that the following rules will be enforced:

1. Maximum length of spikes is $\frac{1}{4}$ inch; any athlete found in violation of this rule will be disqualified from the event.
2. A one-minute and a half rule will be enforced in all fields except the pole vault, which will have a two-minute rule.



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Tentative schedule of events

Please note that all times are **EASTERN STANDARD** times

(We reserve the right to adjust and announce changed times if the meet moves faster)

Coaches, we will measure the first jump and throw for all athletes. After that, we will use the minimum standards listed below:

MINIMUM STANDARDS FOR A RECORDED MARK START HEIGHTS

	Boys	Girls		Boys	Girls
Shot Put	38 ft	27 ft	High Jump	5 ft 4 in	4 ft 4 in
Discus	95 ft	70 ft	Pole Vault	TBA	TBA
Long Jump	19 ft	14ft	Javelin	120'	65'
Triple Jump	38 ft	27 ft			

9:00 AM Coaches meeting at the infield tent

FIELD EVENTS

Time:	Long Jump	High Jump	Pole Vault	Triple Jump	Javelin	Discus	Shot Put
9:30 AM	Boys (Pit A)	Girls	Boys	Girls (Pit B)	Boys	Girls	Boys
11:00 AM	Girls (Pit B)	Boys	Girls	Boys (Pit A)	Girls	Boys	Girls

RUNNING EVENTS

10:00 AM

4x800 meter relay Varsity Girls
4x800 meter relay Varsity Boys
100 meter hurdles Varsity Girls
110 meter hurdles Varsity Boys
100 meter dash Varsity Girls
100 meter dash Varsity Boys
1600 meter dash Varsity Girls
1600 meter dash Varsity Boys
4x100 meter relay Varsity Girls
4x100 meter relay Varsity Boys

800 meters Varsity Girls
800 meters Varsity Boys
300 meter hurdles Varsity Girls
300 meter hurdles Varsity Boys
200 meters Varsity Girls
200 meters Varsity Boys
3200 meters Varsity Girls
3200 meters Varsity Boys
4x400 meter relay Varsity Girls
4x400 meter relay Varsity Boys