

Online registration:

- All Open Division entries are online at www.cfpitiming.com and follow entry procedure. Entries must be received by March 30, 2009 , 12 noon. No name or event additions allowed after deadline! This is for OPEN DIVISION ONLY! Please check Invitational Division information for entry procedure.
- You may login and edit your entries as often as you wish up until the entry deadline. All entries submitted as of the entry deadline are considered FINAL. Please DO NOT WAIT TO THE LAST MINUTE TO ENTER.
- No faxed or emailed entries will be accepted. Entries will not be processed until entry fee received.
- Entry fee: \$50 per team boys / \$50 per team girls /under 5 athletes \$15 per athlete.
- Please make check payable to: Complete Sports Productions, 6509 Timbers Drive-Mobile, Alabama 36695.
- Entry fees must be postmarked by Monday, April 1, 2009 and are non refundable for no shows and all weather cancellations.

Travel Arrangements:

Springdale Travel 800-874-0550 www.springdaletravel.com

Portia Thompson- Portia@SpringdaleTravel.com

Monica Domning- Monica@SpringdaleTravel.com

Meet Headquarters:

QUALITY INN & SUITES - 150 W. I-65 Service Rd. - Mobile, Alabama (251) 343-4949

Hotel Accommodations: [Creative Travel Group](#)

Miscellaneous Information:

There are no packets for coaches or athletes.

For those scheduling the ACT/SAT test it may be taken in Mobile at a local testing site.

The Mobile Area Meet Officials Association's Field Event Clinic at St. Paul's Episcopal School featuring field events. Registration 9:30 AM and fee is \$10.

Official Meet Action Photo's taken by Pinion Photography for purchase at www.pinionphotography.com

Souvenir Meet T-shirts on sale with competing athletes names on the back starting at \$15.

Meet Results: Complete meet results at www.dyestat.com or www.cfpitiming.com

General Meet Rules Information:

- This meet is sanctioned under the guidelines of participating states and the National Federation of High Schools. The National Federation of High School rules and guidelines will be followed.
- The Alabama High School Athletic Association rules state that an athlete may only compete in a maximum of 4 events.
- No Warm-up on track or infield.
- Only competing athletes allowed on track and infield.
- Athletes must abide by National High School Federation uniform rules, no speedsuits, no club uniforms, no caps, sunglasses, no jewelry, etc.
- 1/4" and 1/8" spikes only.
- No chalk markings on the track or runways.
- Javelin Specifications: Girls-600g/Boys-800g-Blunt Tip Javelin Only.
*****Please inform your athletes to avoid disqualifications*****

OPEN DIVISION- UMS-Wright Preparatory School Friday, April 3, 2009 @ 3PM

General Information:

Entry Limitations: 2 athletes per event and 1 relay team per school. (Please limit-invited athletes (individual event athletes) to relays if needed on Friday. Open Division is for developing athletes.

**** No invited athletes are allowed to compete in individual events on Friday****

- Check in at clerk of course one running event prior or at field event competition area 15 minutes before event is scheduled to start.
- No team scoring. This is a non-scored competition.
- Awards will be handed out at the press box after the conclusion of each event. Coaches will be paged to pickup awards for their athletes.
- Seeding of Open Division is done on marks submitted. Running events are sections on time finals and field events are in flights as finals. Seeded Division for Friday 3200 will be the top 20 times submitted in girls and boys for Friday (Open Division). Sections will be determined sometime after entries close. The unseeded race will be at 3pm on Friday April 4 and seeded race after the 300m on Friday. Please check heat sheets on www.cfpitiming.com for your athlete's race.
- 3 jumps or throws in field events excluding pole vault/high jump 3 attempts at each height.

Field Event Minimum standards:

Girls	Event	Boys
75'	Discus	115'
27'	Shot Put	40'
70'	Javelin	120'
15'	Long Jump	19'
29'	Triple Jump	39'
7'6"	Pole Vault	10'
4'5"	High Jump	5'6"

****Athletes qualifying out of Open Division on Friday for Invitational Division will be notified at meet site. Please check with meet management before the end of the meet****

INVITATIONAL DIVISION-St. Paul's Episcopal School Saturday, April 4, 2009@ 1PM

Meet Entry:

- All Invitational Division athletes must enter with meet management strackrun@aol.com. Only approved athletes with meet management will be cleared to compete in Invitational Division.
- If your request is approved you will receive an email confirming entry into the Invitational Division. Any athlete entered in the Invitational Division without approval will be moved to the Open Division without notice to the offending school.
- Please RSVP Invitational Athletes (251) 639-0303 or strackrun@aol.com. Please list name, event, best time, distance or height and short bio such as: State Champion, etc. Invitational Division athlete/relays should confirm early to meet management to retain there spot in the Invitational Division.
- Please list relay team members. You may change relay team members after approval.

General Information:

- **There are no packets for coaches or athletes.**
- Invitational Division is an all finals format. No prelims.
- Please note entries for Invitational Division meet are pre-selected, reserved and limited
- **All events check in 15 minutes before event at clerk of course or field event area.**
- 4 throws or jumps in field events except high jump or pole vault which is 3 attempts at each height. Competition based on IAAF Grand Prix Final format.
- Weight implements must be weighed in before Invitational Division competition.
- Fat timing and wind gauges for Invitational Division.
- Awards will be presented at the conclusion of each event.
- **Opening heights for the Pole Vault & High Jump:**

Boys	Events	Girls
13'-0"	Pole Vault	9'0"
6'-0"	High Jump	5'-0"