

MEMO

To: Track & Field Coach
From: ACEA Office
Date: March 14, 2024
Re: ACAA State Track & Field Meet – Registration and Information

The 2024 ACAA State Track and Field meet will be held on Tuesday, April 23, 2024.
The opening assembly will begin at 8:15 a.m.

Choccolocco Park Sports Complex

**Track and Field Facility
954 Leon Smith Parkway
Oxford, AL 36203
(See map on page 2)**

For inclement weather (thunderstorms, etc.), we will contact those schools from which we have received registration materials. The rain date is Tuesday, April 30, 2024.

All forms are due to Pam Cason on or before Monday, April 8, 2024.

Invoices will be mailed to your school.

Email address: pamcasonaaa@gmail.com

School Registration Forms ♦ Contact Information ♦ Fee Form and Helper Sheet

Be sure to bring the equipment you need. Also, please make sure that you have people signed up to help and please list them on the “helper” sheet. I really appreciate your willingness to help!

No school is too small – as few as one can participate!

COME and BE PART of A GREAT DAY!!!

Choccolocco Park Sports Complex

SPORTS:

- Baseball
- Softball
- Track & Field
- Soccer

ACTIVITIES:

- Kayaking
- Disc Golf
- Walk/Bike Trails
- Playgrounds
- Fitness Court

Multi-purpose Fields



CHOCOLOCCO PARK
OXFORD, AL

Exit 188 off I-20
We are located 1 mile from shopping, dining, and lodging.

954 Leon Smith Parkway
Oxford, Alabama 36203
(256) 342-0174
5am-10pm • Monday-Sunday
choccoloccpark.com



SCAN ME!

Visitor Info • Restaurants • Hotels • Entertainment • Medical Facilities • Transportation

**2024 ACAA Track and Field Meet
Contact Information and Fee Form**

Please list contact information below in the event the Track and Field meet is canceled/rescheduled due to inclement weather. Include home phone number, cell phone number and email address.

Name _____

Home Phone # _____ Cell Phone # _____

Email _____

Name of school: _____

~~~~~

**Participants:**

Junior High Girls \_\_\_\_\_ x \$14 per student      \$ \_\_\_\_\_

Senior High Girls \_\_\_\_\_ x \$14 per student      \$ \_\_\_\_\_

Junior High Boys \_\_\_\_\_ x \$14 per student      \$ \_\_\_\_\_

Senior High Boys \_\_\_\_\_ x \$14 per student      \$ \_\_\_\_\_

Student fees = \$ \_\_\_\_\_

School Registration Fee \$50 **\$50.00**

**TOTAL DUE ACEA** **\$ \_\_\_\_\_**

**Invoices will be mailed to your school.**

# 2024 ACAA Track and Field Meet Sign-up Sheet

Please complete this form and email to Pam Cason at [pamcasonaca@gmail.com](mailto:pamcasonaca@gmail.com) on or before Monday, April 8, 2024.

School Name \_\_\_\_\_ City \_\_\_\_\_

Boys' Track Coach \_\_\_\_\_

Email \_\_\_\_\_ Cell Phone \_\_\_\_\_

Girls' Track Coach \_\_\_\_\_

Email \_\_\_\_\_ Cell Phone \_\_\_\_\_

Athletic Director \_\_\_\_\_

Email \_\_\_\_\_ Cell Phone \_\_\_\_\_

### TRACK EVENTS

Place runners in assigned lanes.

### HELPER

Starter

\_\_\_\_\_

Track Assistant(s)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### FIELD EVENTSHelper

### HELPER

High Jump \_\_\_\_\_

\_\_\_\_\_

Long Jump \_\_\_\_\_

\_\_\_\_\_

Triple Jump \_\_\_\_\_

\_\_\_\_\_

Discus \_\_\_\_\_

\_\_\_\_\_

Shot Put \_\_\_\_\_

\_\_\_\_\_

### I will bring...

Discus \_\_\_\_\_

Shot Put \_\_\_\_\_

Measuring Tapes \_\_\_\_\_

Rakes \_\_\_\_\_

Batons \_\_\_\_\_

Other \_\_\_\_\_

### Assist in Awards

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## ACAA State Track and Field Meet

### I. ELIGIBILITY REQUIREMENTS

- Open to boys and girls in grades six through twelve who meet the age and grade level requirements set forth in the ACAA handbook and whose school is a current member in good standing of the ACEA.
- Each student must be determined by their school to be physically able to participate.
- Junior High – grades six through ninth
- Senior High – grades ninth through twelfth
- Ninth graders may choose to participate as either a junior high or senior high contestant, but not as both and are subject to the limitations of whichever category they choose.

### II. DRESS REQUIREMENTS

#### Male Athletes:

- Shorts should have an inseam no less than seven inches.
- Mid-thigh length spandex/compression shorts the same color as the shorts, must be worn. If spandex/compression shorts extend beyond short length, they should be black, white, beige or the predominant color of the shorts. Spandex/compression shorts should be a solid color.
- T-shirt or track shirt may be worn.
- Spiked track shoes may be worn; metal cleats are not permitted.
- No jewelry may be worn.
- Hair should be neatly cut, preferably not touching the collar, eyes, and ears. Mustaches and beards may be worn, but must be neatly trimmed, groomed, and not excessive in length.
- It is the responsibility of the coach and administration to make sure players are not “rolling” waistbands.

#### Female Athletes:

- Shorts that are loosely fitted with the inseam being no less than seven inches.
- Mid-thigh length spandex/compression shorts the same color as shorts, must be worn. If spandex/compression shorts extend beyond short length, they should be black, white, beige or the predominant color of the shorts. Shorts (as noted above) must be worn over spandex/compression shorts. Spandex/compression shorts should be a solid color.
- T-shirts may be worn and should be long enough that when the arms are raised above the head the midriff does not show.
- Athletic bras are required.
- Spiked track shoes may be worn; metal cleats are not permitted.
- No jewelry may be worn.
- It is the responsibility of the coach and administration to make sure players are not “rolling” waistbands.

### III. MEET RULES

- Junior high students (6-9) may compete in only one long distance event and three middle or short distance events in track. There is no limit to field events. This does not include relay events.
- Senior high students (9-12) may enter an unlimited number of events in both track and field.
- Schools may enter three entries per individual track or field event.

- Keep your eyes and ears open for announcements regarding each event's heat and finals. Once runners are in place at the starting line, no late comer will be permitted on the line.
- Teams must bring their own blocks, poles, discus, shot put, and batons.
- The starter and judges will have final decision on disqualifications and place finishes.
- In the event of a tie for the Team Trophy, the tie will be broken based on:
  - 1) Most first places, or that failing.
  - 2) most second places.

The team with the lesser first or second place finishes will be declared Runner-Up. Team points will be determined by all other places. Ties for the other places in the team awards will not be broken.

#### **IV. ENTRY FEE**

To cover awards and any rental costs - the amount will be published annually.

- V.** Each student should bring a sack lunch, snacks, and drinks for the day...and sunscreen.

#### **VI. AWARDS**

- Ribbons or medals will be given to the top three places.
- Trophies will be given to top teams in four divisions:
  - Junior High Girls
  - Junior High Boys
  - Senior High Girls
  - Senior High Boys

## JUNIOR HIGH GIRLS' ROSTER

Grades: 6th - 9th

Name of School \_\_\_\_\_ City \_\_\_\_\_

Coach \_\_\_\_\_ Coaches Email \_\_\_\_\_

**NOTE: Ninth grade students must choose either junior high or senior high; they cannot compete on both levels.**

**Junior High students may compete in only one long distance (1600-meter Run and 800-meter Run) and three dash events.  
This does not include relay events.**

| TRACK EVENTS      | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|-------------------|----------|-------|-------|------------|
| 400-meter Dash    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 100-meter Dash    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 4x200-meter Relay | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
|                   | #4 _____ | _____ | _____ | _____      |
| 1600-meter Run    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 4x100-meter Relay | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
|                   | #4 _____ | _____ | _____ | _____      |
| 800-meter Run     | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 200-meter Dash    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |

**JUNIOR HIGH GIRLS**

Name of School \_\_\_\_\_ City \_\_\_\_\_

| TRACK EVENTS      | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|-------------------|----------|-------|-------|------------|
| 4x400-meter Relay | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
|                   | #4 _____ | _____ | _____ | _____      |

| FIELD EVENTS | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|--------------|----------|-------|-------|------------|
| HIGH JUMP    | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| LONG JUMP    | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| TRIPLE JUMP  | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| SHOT PUT     | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| DISCUS       | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |

**TOTAL NUMBER OF JUNOIR HIGH GIRLS (Including substitutes) → \_\_\_\_\_**



## SENIOR HIGH GIRLS' ROSTER

Grades: 9th - 12th

Name of School \_\_\_\_\_ City \_\_\_\_\_

Coach \_\_\_\_\_ Coaches Email \_\_\_\_\_

**NOTE: Ninth grade students must choose either junior high or senior high; they cannot compete on both levels.**

| TRACK EVENTS                  | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|-------------------------------|----------|-------|-------|------------|
| 400-meter Dash                | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
| 100-meter Dash                | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
| 4x200-meter Relay<br>TEAM ONE | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |
| 4x200-meter Relay<br>TEAM TWO | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |
| 1600-meter Run                | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
| 4x100-meter Relay<br>TEAM ONE | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |
| 4x100-meter Relay<br>TEAM TWO | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |

**SENIOR HIGH GIRLS**

Name of School \_\_\_\_\_ City \_\_\_\_\_

| TRACK EVENTS      | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|-------------------|----------|-------|-------|------------|
| 800-meter Run     | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 200-meter Dash    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 4x400-meter Relay | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
|                   | #4 _____ | _____ | _____ | _____      |
| 3200-meter Run    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |

| FIELD EVENTS | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|--------------|----------|-------|-------|------------|
| HIGH JUMP    | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| LONG JUMP    | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| TRIPLE JUMP  | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| SHOT PUT     | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |
| DISCUS       | #1 _____ | _____ | _____ | _____      |
|              | #2 _____ | _____ | _____ | _____      |
|              | #3 _____ | _____ | _____ | _____      |

**TOTAL NUMBER OF SENIOR HIGH GIRLS (Including substitutes) → \_\_\_\_\_**

## JUNIOR HIGH BOYS' ROSTER

Grades: 6th - 9<sup>th</sup>

Name of School \_\_\_\_\_ City \_\_\_\_\_

Coach \_\_\_\_\_ Coaches Email \_\_\_\_\_

**NOTE: Ninth grade students must choose either junior high or senior high; they cannot compete on both levels.**

**Junior High students may compete in only one long distance (1600-meter Run and 800-meter Run) or three of the dash events.  
Does not include relay events.**

| TRACK EVENTS      | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|-------------------|----------|-------|-------|------------|
| 400-meter Dash    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 100-meter Dash    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 4x200-meter Relay | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
|                   | #4 _____ | _____ | _____ | _____      |
| 1600-meter Run    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 4x100-meter Relay | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
|                   | #4 _____ | _____ | _____ | _____      |
| 800-meter Run     | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |
| 200-meter Dash    | #1 _____ | _____ | _____ | _____      |
|                   | #2 _____ | _____ | _____ | _____      |
|                   | #3 _____ | _____ | _____ | _____      |

**JUNIOR HIGH BOYS**

Name of School \_\_\_\_\_ City \_\_\_\_\_

| TRACK EVENTS | STUDENT | AGE | GRADE | SUBSTITUTE |
|--------------|---------|-----|-------|------------|
|--------------|---------|-----|-------|------------|

4x400-meter Relay #1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

| FIELD EVENTS | STUDENT | AGE | GRADE | SUBSTITUTE |
|--------------|---------|-----|-------|------------|
|--------------|---------|-----|-------|------------|

HIGH JUMP #1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

LONG JUMP #1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

TRIPLE JUMP #1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

SHOT PUT #1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

DISCUS #1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

**TOTAL NUMBER OF JUNIOR HIGH BOYS (Including substitutes) →** \_\_\_\_\_

## SENIOR HIGH BOYS' ROSTER

Grades: 9th - 12th

Name of School \_\_\_\_\_ City \_\_\_\_\_

Coach \_\_\_\_\_ Coaches Email \_\_\_\_\_

**NOTE: Ninth grade students must choose either junior high or senior high; they cannot compete on both levels.**

| TRACK EVENTS                  | STUDENT  | AGE   | GRADE | SUBSTITUTE |
|-------------------------------|----------|-------|-------|------------|
| 400-meter Dash                | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
| 100-meter Dash                | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
| 4x200-meter Relay<br>TEAM ONE | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |
| 4x200-meter Relay<br>TEAM TWO | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |
| 1600-meter Run                | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
| 4x100-meter Relay<br>TEAM ONE | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |
| 4x100-meter Relay<br>TEAM TWO | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
|                               | #4 _____ | _____ | _____ | _____      |
| 800-meter Run                 | #1 _____ | _____ | _____ | _____      |
|                               | #2 _____ | _____ | _____ | _____      |
|                               | #3 _____ | _____ | _____ | _____      |
| <b>SENIOR HIGH BOYS</b>       |          |       |       |            |

Name of School \_\_\_\_\_ City \_\_\_\_\_

| TRACK EVENTS | STUDENT | AGE | GRADE | SUBSTITUTE |
|--------------|---------|-----|-------|------------|
|--------------|---------|-----|-------|------------|

200-meter Dash #1 \_\_\_\_\_  
 #2 \_\_\_\_\_  
 #3 \_\_\_\_\_

4x400-meter Relay #1 \_\_\_\_\_  
 TEAM ONE #2 \_\_\_\_\_  
 #3 \_\_\_\_\_  
 #4 \_\_\_\_\_

4x400-meter Relay #1 \_\_\_\_\_  
 TEAM TWO #2 \_\_\_\_\_  
 #3 \_\_\_\_\_  
 #4 \_\_\_\_\_

3200-meter Run #1 \_\_\_\_\_  
 #2 \_\_\_\_\_  
 #3 \_\_\_\_\_

| FIELD EVENTS | STUDENT | AGE | GRADE | SUBSTITUTE |
|--------------|---------|-----|-------|------------|
|--------------|---------|-----|-------|------------|

HIGH JUMP #1 \_\_\_\_\_  
 #2 \_\_\_\_\_  
 #3 \_\_\_\_\_

LONG JUMP #1 \_\_\_\_\_  
 #2 \_\_\_\_\_  
 #3 \_\_\_\_\_

TRIPLE JUMP #1 \_\_\_\_\_  
 #2 \_\_\_\_\_  
 #3 \_\_\_\_\_

SHOT PUT #1 \_\_\_\_\_  
 #2 \_\_\_\_\_  
 #3 \_\_\_\_\_

DISCUS #1 \_\_\_\_\_  
 #2 \_\_\_\_\_  
 #3 \_\_\_\_\_

**TOTAL NUMBER OF SENIOR HIGH BOYS (Including substitutes) → \_\_\_\_\_**

# 2024 ACAA State Track and Field Meet

## Order of Events

Choccolocco Park Sports Complex ♦ Track and Field Facility  
954 Leon Smith Parkway ♦ Oxford, AL 36203

8:15 a.m. Opening Assembly

8:30 a.m. - 10:10 a.m. Field Events

|             | Long Jump          | Triple Jump       | High Jump         | Shot Put         | Discus           |
|-------------|--------------------|-------------------|-------------------|------------------|------------------|
| 8:30-8:55   | Junior High Girls  | Junior High Boys  | Varsity Boys      |                  | JH/Varsity Girls |
| 8:55-9:20   | Varsity Boys       | Varsity Girls     | Junior High Girls | JH/Varsity Boys  |                  |
| 9:20-9:45   | Varsity Girls      | Varsity Boys      | Junior High Boys  |                  | JH/Varsity Boys  |
| 9:45-10:10  | Junior High Boys   | Junior High Girls | Varsity Girls     | JH/Varsity Girls |                  |
| 10:10-10:35 | CATCH UP/FINISH UP |                   |                   |                  |                  |

**Note:** All track events are always in the following order: Junior High Girls first, Junior High Boys second, Senior High Girls third, and Senior High Boys fourth, unless otherwise noted.

~~~~~

- 9:00 a.m. 3200-meter Run
- 10:30 a.m. 100-meter Dash Preliminaries
- 10:55 a.m. 1600-meter Run
- 11:40 a.m. 4x100-meter Relay
- 12:10 p.m. 800-meter Run
- 12:55 p.m. 4x200-meter Relay
- 1:30 p.m. 100-meter Dash Finals
- 1:50 p.m. 400-meter Dash
- 2:30 p.m. 200-meter Dash
- 3:10 p.m. 4x400-meter Relay
- 4:00-4:30 p.m. Awards Ceremony/Dismiss