

In addition to the 25 full teams attending, individuals or relay teams with the following marks (FAT and verified through milesplit) from the 2018 or 2019 indoor/outdoor seasons may qualify for the Homewood Invitational. There will be a \$20 entry fee for each individual and relay for those meeting these marks. Head coaches must email Homewood HS Head Coach Tom Esslinger at tesslinger@homewood.k12.al.us by the entry deadline to get the password to enter the meet on al.milesplit.com. Out-of-state schools please give at least two weeks notice for sanctioning purposes.

Events	Boys	Girls
100m	10.80	12.20
200m	22.00	25.50
400m	50.00	58.00
800m	2:00	2:22
1600m	4:30	5:20
3200m	9:45	11:35
110m Hurdles	15.20	15.30
300m Hurdles	40.50	46.00
Long Jump	22-0	17-6
Triple Jump	44-6	36-6
High Jump	6-4	5-4
Pole Vault	13-0	10-0
Javelin	165-0	115-0
Discus	140-0	105-0
Shot Put	48-0	35-6
4x100m Relay	42.50	49.00
4x400m Relay	3:25	4:06
4x800m Relay	8:15	9:55