UAB Green and Gold Invitational
Birmingham CrossPlex – Birmingham, AL
January 24th and January 25th
**Updated 10/3/2019**

MEET PERSONEL

HEAD TRACK AND FIELD COACH/MEET DIRECTOR
Kurt Thomas - kt89@uab.edu - 205-910-2183

MEET OFFICIALS AND VOLUNTEERS/ASSOCIATE HEAD TRACK AND FIELD COACH
Matt Esche – mesche@uab.edu – 319-321-7942

ASSISTANT COACH
Jordon Andreassen – jordon1@uab.edu

MEET OPERATIONS:
Laura Waldrop – 205-910-7752

ATHLETIC TRAINING:
Beverly Fowler – bfowler3@uab.edu (for phone, please email)

SPORTS INFORMATION
TJ Stricklin – strickli@uab.edu

PRACTICE TIME – NO PRACTICE THURSDAY JANUARY 23RD, 2020

MEET INFORMATION

ADMISSIONS
Adults - $5
Kids under 12 - $3

CHECK-IN:
Track Athletes
- Check in 40min prior to your event
- Hip numbers given at check in
- Athletes will be called to Clerk area just prior to event.
- If there are enough scratches, heat/or heats could be condensed to provide all athletes the best possible opportunity.
- Entrance to warm-up area 45min prior to your event.
- Warm-up area is for sprinting, hurdling, starts, accelerations prior to your event, not for general warm-up (jogging or drills).

Field Athletes
- Check in with field event referee

COACHING BOXES:
- Coaching boxes will be clearly marked around the perimeter of the track for the field events.
- No athletes are allowed on the infield except those athletes competing in an event that is in progress.
- Coaches for the pole vault events will be allowed on the infield during warm-ups. Once the event begins, all coaches will be asked to exit the infield.
- Please be respectful of these requests in order to keep the infield a safe area for all competing athletes.
**ENTRIES:**
Entry Procedures:
- Online only at Direct Athletics. The entry link will be emailed to each team.
- **ENTRIES OPEN** December 9th 2019.
- **ENTRIES DECLARED** January 20th 2020 by 5:00pm, cst. Absolutely no late entries will be accepted.
- Make sure to print out a hard copy of your records after you have declared.
- A revised schedule will be emailed to all teams once entries are received.

**NOTE:** Meet Management reserves the right to field size limitations, minimum marks and cutoff marks in field and running events.

For visiting teams, the following guidelines will be followed:

**FIELD AND RUNNING EVENTS**
- All events will be run according to NCAA Rules

Field and Throwing Events
- Two entries per school per gender guaranteed
- Extra entries per school per gender at the Meet Director’s discretion.

Running Events:
- Three athletes per school per gender in 60m, 60 Hurdles, 200m, 300m, 400m, 800m, Mile, 3k, 5K
- Relays: Limit 2 entries per team (2 for men, 2 for women)
- Extra Athletes per event, per school at the meet director’s discretion.

Unattached Entries:
- All unattached athletes must register and pay through Direct Athletics.
- Special requests for unattached athletes please contact: Kurt Thomas – kt89@uab.edu

**NCAA Rule: Section 1. Misconduct**
Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics.

Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

All Events will be run according to NCAA rules

**SEEDING:**
- All running events are timed finals. Heats will be run fastest to slowest. **Marks will be checked on TFRRS.** 60m and 60m Hurdles will be run as seeded preliminaries and finals. In the LJ, TJ, SP & WT, the top nine collegiate qualifiers will proceed to the finals. Plus any post collegiate athletes, with the total in each final not to exceed twelve.

**LANES:**
- For the 60m Dash and 60m Hurdles, lanes 1-8 will be used.
- For the 200m Dash, lanes 2-6 will be used. Preferred lanes are: 5-6-4-3-2.
- For the 400m Dash, lanes 1-6 will be used.

**TEAM SCORING:**
- None

**Entry Fees:**
- Payable by check, cash or card. Make checks payable to UAB Athletics. $600 per gender ($1,200 for a Men’s and Women’s team combined) or $60 per individual and/or relay
- Combined team entry fee not to exceed $1,200 for dual gender programs.
- Entry Fees “in the mail” will not be accepted. You must pay at packet pickup or your teams will be scratched from the meet.
ENTRY PROCEDURES:
- Online only at DirectAthletics. The entry link will be emailed to each team.
- Make sure to print out a hard copy of your records after you have declared.
- You may begin processing entries on December 9th 2019. FINAL ENTRIES MUST BE DECLARED January 20th, 2019 by 5:00pm, cst. Absolutely no late entries will be accepted.
- A revised schedule will be emailed to all teams once entries are received.

FACILITY RESTRICTIONS:
- The use of ¼” pyramid spikes will be strictly enforced. Approved “compression” spikes are allowed.
- Gatorade bottle are not allowed in the Crossplex.
- No marking chalk will be allowed on track or runways.
- No hard shell 20# or 35# weights allowed.
- NO Outside food or drink is allowed in the Crossplex at anytime.

IMPLEMENT CERTIFICATION:
- All implements in both the Weight Throw and Shot Put will by checked-in by the Weights and Measures Certifying Official during the final call for each event.
- Weigh in for the Weight Throw will be done Friday 6:00pm -8:00pm. Shot Puts will be allowed to be checked at this time also. The implements will remain locked at the Crossplex for the start of the event the next morning.

OTHER AREAS: Absolutely no venturing into the Natatorium/pool area of the building at any time. Meet operations area is off limits to coaches and athletes at all times.

PACKET PICKUP:
- Available from 1p-8p Friday January 24th in the meet management room at the Entrance of the Crossplex

POLE VAULT:
- Pole vault poles can be shipped to the Crossplex 2331 Bessemer Rd, Birmingham, AL 35208

PRE-MEET WARM-UP:
- The track will be open for pre-meet warm-up on Friday, January 11th 2018 from 6:00-8:00pm, or at the conclusion of the 4x400 relays of the prior meet. Proper use of lane directions and hurdle/sprint lanes will be recognized and enforced in warm-up track.

RESULTS:
- Results will be available online live at www.uabsports.com and in the PRESS AREA as soon as possible after the meet is completed. The press area is on the East side of the arena at the top of the stands.
- Results will be posted during the meet in the track arena. A formal copy of the results will be made available on our website at www.uabsports.com

SHOWER FACILITIES:
- Available in locker rooms in warm-up area. Contact Laura Waldrop by Wednesday at 5:00pm for shower needs.

SPIKE CHECK:
- You will be required to have spike check prior to checking in. Spike Check #1 will be on the South side of bleachers outside of the warm-up area, a zip tie will be attached to your spikes at this time. Spike Check #2 will be at Check in. Spike Check #3 will be upon entrance to the warm-up area.
- Field event athletes - report to your field event official 45 minutes prior to your event.
**Team Parking:**
- All team vans and buses park on the Southeast side of the Crossplex opposite the main entrance. Drop off of athletes will be allowed at the main entrance of the Crossplex

**Training Room:**
- TBD for any needs
- There is a training room in the warm-up track, but will not be used as a team camp/training area.
  Emergencies/pre-race work only.

**Team Parking:**
- All team vans and buses park on the Southeast side of the Crossplex opposite the main entrance. Drop off of athletes will be allowed at the main entrance of the Crossplex

**Warm-up Area:**
Trainers are allowed to set you under the EAST stands. Trainers will not be allowed to set up under the WEST stands.
- Teams/trainers will not be allowed to set up in the main concourse.
- The warm-up track will be one direction only. There are two lanes for sprinting/starts, and two lanes for hurdles. One lane will be for men’s hurdles, and one for women’s hurdles.

**Schedule Subject to Revision After Final Entries Are Received. A Revised Schedule Will Be Sent Out to All Attending Teams After the Close of Entries.**