UAB Spring Collegiate Invitational
UAB Track and Field Complex – Birmingham, AL
March 20th and 21st
**Updated 11/13/19**

**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 contact via email)

**SPORTS INFORMATION**
TJ Stricklin – strickli@uab.edu

**PRACTICE TIME:** 10a – 3p Friday March 20th. Hammer cage closes at 2p

**MEET INFORMATION**

**ATHLETIC TRAINING:**
Athletic trainer will be on site.

**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.
  - Athletes will not be allowed to warm-up in the warm-up area before the 45min mark prior to your event.

- Field Athletes
  - Check in with field event referee

**ENTRIES:**
Entry Procedures:
- Online only at Direct Athletics. The entry link will be emailed to each team.
- **ENTRIES OPEN** December 9th 2019.
- **ENTRIES DECLARED** March 16th 2020 by 1:00pm, 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.
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

ENTRY FEES:
- Payable by check, cash or card. Make checks payable to UAB Athletics. $400 per gender ($800 for a Men’s and Women’s team combined) or $40 per individual and/or relay
- Combined team entry fee not to exceed $800 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.
- Unattached: $25

HAMMER CAGE:
Practice and Competition is located at the Northwest corner of the track

IMPLEMENT CERTIFICATION:
- All implements will be checked-in by the Weights and Measures Certifying Official during the final call for each event.
- Weigh in for the Hammer 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 UAB Track and Field facility for the start of the event the next morning.
- Shot and discus may be weighed in Friday night
- Javelin and Hammer must be completed 90 minutes before the start of the event

PACKET PICKUP:
Friday March 20th - 12p – 5pm
Saturday March 21st - 8a - 1p

SEEDING:
All running events are timed finals. Heats will be run fastest to slowest. Marks will be checked on TFRRS. 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.

SPIKE CHECK:
Only ¼ spikes allowed. Spike check will occur at the clerking table. See track layout.
**TEAM SCORING:**
None

**RESULTS:**
Results will be posted on www.uabsports.com and www.xpresstiming.com

**TEAM PARKING:**
See attached track layout

**SHOWER FACILITIES:**
Contact Laura Waldrop by Wednesday at 5:00pm for shower needs.

**WARM-UP AREA:**
Warm up will be allowed on BBVA Compass Field.

---

**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.**