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

MEET INFORMATION

ATHLETIC TRAINING
Athletic trainers will be on site.

AWARDS:
Trophy will be awarded to top boys and girls team. Top 3 per event will receive t-shirts

CLERKING:
There will be no substitutions at the meet. All runners must be checked in 40 minutes before their race or be scratched.

COACHING BOXES:
See track layout below.

CONCESSIONS
Will be available in the concourse

ENTRIES:
Enter Procedures:
• Online only at Athletic.net. The entry link will be emailed to each team.
• ENTRIES OPEN December 9th 2019.
• ENTRIES DECLARED March 16th 2020 by 12:00pm, est. 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.

ENTRY FEE: $150 per gender. $15 per athlete if under 10 athletes. Make checks Payable to UAB.
Mail entry Fee to:
EQUIPMENT:
Starting blocks will be provided. Bring your own shots, discus and javelins. Implements will not be supplied.

FACILITY:
UAB Home Track and Field complex. Located at 800 11th ST South. The track is a Mondo SuperX720. Seating is limited, encouraged to bring any extra lawn chairs, tents and other seating equipment.

IMPLEMENT CERTIFICATION:
1p-2:45p – See track layout

OPENING HEIGHT/MINIMUM STANDARDS
<table>
<thead>
<tr>
<th>Event</th>
<th>Varsity Boys</th>
<th>Varsity Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>18’</td>
<td>14’</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>39’</td>
<td>31’</td>
</tr>
<tr>
<td>High Jump</td>
<td>5’6”</td>
<td>4’6”</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>10’6”</td>
<td>8’</td>
</tr>
<tr>
<td>Shot Put</td>
<td>40’</td>
<td>28’</td>
</tr>
<tr>
<td>Discus</td>
<td>100’</td>
<td>75’</td>
</tr>
<tr>
<td>Javelin</td>
<td>130’</td>
<td>85’</td>
</tr>
</tbody>
</table>

PACKET PICKUP
Will be available at front concessions building. 12p-4p.

RESULTS:
Results will be posted on www.xpresstiming.com and www.uabsports.com under the track and Field ‘Schedule’ page

RULES:
We will use the National Federation rulebook for any rule disputes.

SANCTIONS:
The meet is sanctioned by Mountain Brook High School and AHSAA for Alabama and bordering states.

SCORING:
Individual and Relay Events: 10-8-6-5-4-3-2-1

SPIKE CHECK:
Spikes will be checked, any spikes over ¼ inch will not be allowed. Spikes must be tagged before competing

TEAM PARKING:
See track layout below

TICKETS:
Adults: $5
Kids under 12: $3

WARM UP AREA
See track layout below. No warm-ups will be permitted on BBVA Compass soccer 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.