

***Alabama Relays***  
**March 22-25, 2007**  
**Sam Bailey Track & Field**  
**Complex**  
**Tuscaloosa, Alabama**

**MEET INFORMATION**

**Meet Site**

The Sam Bailey Track and Field Complex is located on Hackberry Lane adjacent to Coleman Coliseum, Tuscaloosa, Alabama

**Parking**

Parking for Thursday, Friday and Sunday parking will be in the main parking area, parking for Saturday will be restricted to the back half of the main parking area east of Coleman Coliseum in the roped off area only.

**Packet Pickup**

Coaches may pick up their meet packets under the track & field stadium between 7:00 am and 11:00 am on Saturday and Sunday. Multi-event and 10,000 meter participants can pick up their packet under the track stadium prior to competition.

**Entry Fee & Procedure**

1. All team entries will be done through Direct Athletics. Entry opens on March 5th. Entry Deadline is March 19<sup>th</sup> at Midnight.
2. Entry Fees are \$300 per team (men and women are considered separate teams). If you want to enter more than the restricted limit of three (3) athletes per event, you must pay an additional \$10 per person per event in addition to the \$300 entry fee.
3. Checks should be made payable to The University of Alabama Track & Field.

**Unattached Entries**

All unattached athletes are welcome to enter this meet into individual events. **NO UNATTACHED RELAYS ARE ACCEPTED.** You must enter via Direct Athletics

Payment must be no later than entry deadline (March 20<sup>th</sup>), or you will automatically be scratched from the meet. "Check's in the mail" is not an excuse!!! You will be scratched.

**Address to mail entry fee to:**

University of Alabama, Women's T&F, P O Box 870393, Tuscaloosa, AL 35487

**Time Schedule**

A copy of the tentative time schedule is enclosed. A revised time schedule will be in your packet, and will be posted on CFPI timing website [www.cfpitiming.com](http://www.cfpitiming.com).

**Facilities**

Nine – forty eight inch lanes with Rekotan surface. There are dual direction runways for long jump, triple jump, and the pole vault with at least 155' for approaches. Shot put, Discus and Hammer circles are brushed concrete.

**Dressing Facilities**

Showers will be available to teams but only if prearranged. Please contact Coach Sidney Cartwright at (205) 348-9944 to make arrangements.

**Equipment**

Spike length is limited to 1/4" or 7 mm Spikes. Starting blocks will be provided. No personal blocks will be allowed. Relay Batons will not be provided for relay events.

**Warm Up**

Only athletes involved in an on going competition will be allowed in the main competition area. The warm up area for all events is adjacent to the competition area on the football practice field. Field events will be allowed to warm up at the competition site.

**Athlete Check In**

Running event athletes must check in with the Clerk of the course a minimum of 20 minutes prior to the start of their race. Field events athletes must check in at the site of their event 30 minutes prior to the start of the event with the head judge of the event.

### **Heat Sheets & Results**

Heat sheets will be posted on CFPI timing web site [www.cfpitiming.com](http://www.cfpitiming.com), March 20<sup>th</sup> after 5:00 pm. Individual event results will be posted on the results board adjacent to the main grandstand. Final results will be available for the coaches upon the conclusion of the meet, and will be posted on CFPI web site.

### **Entry Standards**

All athletes will receive one legal measured mark then the standards for measurement will be adhered to. There is also a limited field size in the heptathlon and decathlon (20).

<u>Event</u>	<u>Men</u>	<u>Women</u>
Dec / Hept	Top 20	Top 20
Triple Jump	46-0	37'
Long Jump	22-6	17-6
Pole Vault	14-0	10-0
Invite Pole Vault	14-9	Top 12
High Jump	6-5	5-2
Discus	130-0	120-0
Shot Put	45-0	40-0
Javelin	150-0	120-0
Hammer	150-0	140-0

### **Infield Passes**

Included in the meet packet will be one infield coaching pass per gender. This pass permits entry into the infield area for the field events.

### **Relay Cards**

Will be included in the meet packet, relay cards must be turned into the press box 30 Minutes prior to the start of the each relay.

### **Medical**

The University of Alabama athletic training staff will be available in the trainer's tent on the east end of the track & field complex. Trainers from other schools will have access to this facility. Emergency medical technicians, an ambulance, and doctors will be on call. If you have questions on medical procedures contact Bernard Burroughs 205-348-3456, [bburroughs@ia.ua.edu](mailto:bburroughs@ia.ua.edu)

### **Implement Inspections**

All implements will be impounded and certified before the competition, if an implement is not certified it will not be allowed in the competition. Implements that are not approved will be impounded until the competition ends for that event.

### **Weigh in Schedule**

<u>Day</u>	<u>Open</u>	<u>Closed</u>
<u>Thursday</u>	8:30 am	9:30 am
<u>Friday</u>	7:30 am	9:30 am
<u>Saturday</u>		
Hammer	7:00 am	8:00 am
Discus	10:00 am	11:00 am
Jav/Shot	1:00 pm	3:00 pm
<u>Sunday</u>		
Hammer	7:00 am	8:00 am
Discus	10:00 am	11:00 am
Jav/Shot	1:00 pm	3:00 pm

### **Information & Contact E-mails**

\*Women's questions- Sidney Cartwright,  
Assistant Women's Coach-  
[scartwright@ia.ua.edu](mailto:scartwright@ia.ua.edu)

\*Men's questions- Rod Tiffin, Assistant  
Men's Coach- [rtiffin@ia.ua.edu](mailto:rtiffin@ia.ua.edu)

