



**Birmingham Ice Breaker & Multi's
INDOOR TRACK & FIELD MEET
Birmingham CrossPlex – Birmingham, AL**



December 7th-8th, 2011

Meet Information

Entries:

For visiting teams, the following guidelines will be followed:

Weight Throw:

- Two entries per school per gender guaranteed.
- More entries per school per gender at the Meet Director's discretion.

Shot Put:

- Two entries per school per gender guaranteed.
- More entries per school per gender at the Meet Director's discretion.

Long Jump, Triple Jump, Pole Vault, High Jump:

- Two athletes per school per gender.
- More athletes per event per gender at the Meet Director's discretion.

All Running Events:

- Three athletes per school per gender.

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.

Minimum measurements:

- The Meet Director reserves the right to initiate the use of minimum measurements in the throwing and/or horizontal jumping events if the field sizes deem it necessary.

Seeding:

- All races will be seeded as finals against time, with the exception of the 60m Dash and 60m Hurdles.
- In the LJ, TJ, SP & WT, the top nine collegiate qualifiers will proceed to the finals. Plus any postcollegiate 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. Preferred lanes are: 5-6-4-3-2-1.

Team Scoring:

- None

Entry Procedures:

- Online only at Directathletics.com
- Make sure to print out a hard copy of your records after you have declared.
- You may begin processing online entries on November 14th, 2011. **FINAL ENTRIES MUST BE DECLARED December 2nd, 2011 at 5:00pm.**
- **UNATTACHED ATHLETES** please contact Clinton Fletcher at cfletche@samford.edu

Entry Fees:

- \$30.00 per individual and/or relay, not to exceed \$500 per team.
- Combined team entry fee not to exceed \$1000 for dual gender programs.

Packet Pickup:

- Available from 2pm-8pm Wednesday Dec. 7, or 8am-10am Thur Dec. 8 at packet pickup window at entrance of Crossplex

Check-in:

- **Track Athletes** - Check in 1hour prior to your event, entrance to warmup area 30min prior to your event. You will not be allowed to warmup in the warmup area before the 30min mark prior to your event. Warmup area is for sprinting, hurdling, starts, accelerations prior to your event, not for general warmup. No exceptions. Pick up hip numbers at check in. You will be required to have spike check prior to checking in. Spike Check #1 will be on the West side of bleachers outside of the warmup area, a zip tie will be attached to your spikes. Spike Check #2 will be at Check in. Spike Check #3 will be upon entrance to the warmup area.
- **Field event athletes** - report to the head event official 45 minutes prior to your event.

Implement Certification:

- All implements in both the Weight Throw and Shot Put will be checked-in by the Weights and Measures Certifying Official during the final call for each event by the East side shot ring.
- Please do not bring implements to the Inspection table before check-in.
- Coaches and athletes may use the infield equipment to "self-inspect" their implements prior to the first check-in of the day.

Shower Facilities:

- Available in locker rooms in warm-up area.

Facility Restrictions:

- The use of ¼" pyramid spikes will be strictly enforced.
- No marking chalk will be allowed on track or runways.
- No hard shell 20# or 35# weights allowed.

Pre-Meet Warm-Up:

- The track is open for general warm-up from 5-8pm Wednesday Dec. 7. Certain areas will be closed off for Hept/Pent
- On Thursday, December 8th, 2011, no general warm-up will be available. The facility doors will open at 8am.

Training Room:

- Please contact **Karen Martin** (205) 726-2574 kmartin3@samford.edu

Team Parking:

- All team vans and buses park in the back parking lot of the Crossplex. Drop off of athletes will be allowed at the main entrance of the Crossplex

Results:

- Results will be available in the **PRESS AREA** as soon as possible after the meet is completed. Please do not come onto the meet management tower looking for results.
- Results will be posted during the meet in the track arena.
- A formal copy of the results will be made available on BSC, UAB, and Samford athletic websites.

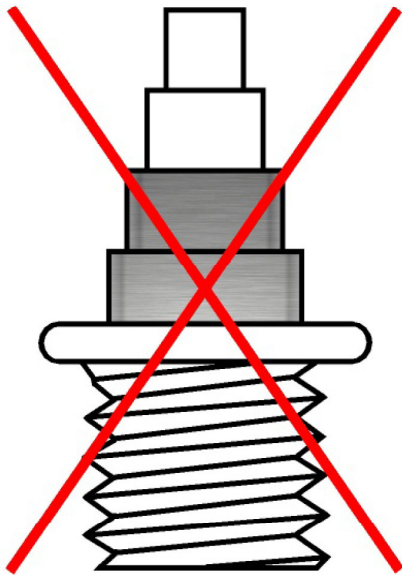
Coaching boxes:

- 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.**

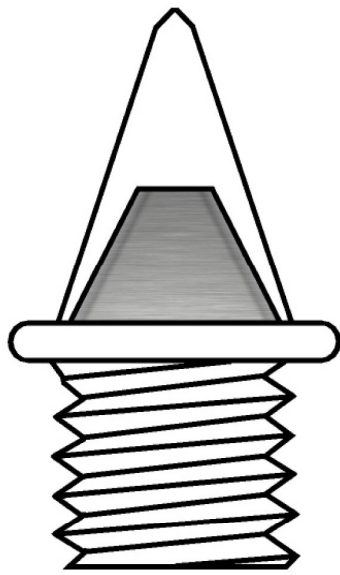
Awards:

- None





NO
Christmas
Tree Spike
Pins



1/4"
Pyramid



NO
Needle
Spike
Pins

Schedule of Events

Dec. 7th, 2011 Day1

Multi-Events

2:00pm		Heptathlon 60m Dash
2:35pm	(est)	Heptathlon Long Jump
3:35pm	(est)	Heptathlon Shot Put
4:40pm	(est)	Heptathlon High Jump
2:10pm		Pentathlon 60m Hurdles
2:45pm	(est)	Pentathlon High Jump
3:45pm	(est)	Pentathlon Shot Put
4:45pm	(est)	Pentathlon Long Jump
5:35pm	(est)	Pentathlon 800m Run

Day 2

Multi-Events

9:40am		Heptathlon 60m Hurdles
10:20am	(est)	Heptathlon Pole Vault
11:40am	(est)	Heptathlon 1000m Run

Men's weight throw will be contested on the 7th

2:30pm		Weight Throw	Men
4:00pm	(est)	Weight Throw	Women



Dec. 8th 2012 Day2

Multi-Events

9:40am Heptathlon 60m Hurdles
10:20am (est) Heptathlon Pole Vault
11:40pm (est) Heptathlon 1000m Run

Field Events

10:00am	Long Jump	Women
10:00am	Long Jump	Men
11:40am	High Jump	Women
- to follow	High Jump	Men
1:00pm	Pole Vault	Women
4:00pm	Triple Jump	Women
4:30pm	Triple Jump	Men
3:15pm	Shot Put	Women
- to follow	Shot Put	Men
4:30pm (est)	Pole Vault	Men

Running Events

9:00am	60m Hurdles Prelim	Women
9:40am	60m Hurdles Prelim (Hept. 1st)	Men
10:20am	60m Dash Prelim	Women
11:00am	60m Dash Prelim	Men
11:40am	Heptathlon 1000m Run (est)	Men
12:40pm	Mile Run	Women
1:30pm	Mile Run	Men
2:40pm	400m Dash HEATS	Women
3:20pm	400m Dash HEATS	Men
4:00pm	3000m Run	Women
4:30pm	3000m Run	Men
5:00pm	60m Hurdles Final	Women
5:04pm	60m Hurdles Final	Men
5:10pm	60m Dash Final	Women
5:14pm	60m Dash Final	Men
5:20pm	800m Run	Women
5:50pm	800m Run	Men
6:20pm	200m Dash Final	Women
7:00pm	200m Dash Final	Men
7:40pm	DMR	Women
8:00pm	DMR	Men
8:20pm	4x400m	Women
8:50pm	4x400m	Men

