

**Birmingham Invitational  
INDOOR TRACK & FIELD MEET  
Birmingham CrossPlex – Birmingham, AL  
January 25-26, 2012**

**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.
- Two relay entries per school

**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 or via DA through CFPtiming.com
- Make sure to print out a hard copy of your records after you have declared.
- You may begin processing online entries on January 5, 2011. **FINAL ENTRIES MUST BE DONE by January 22, 2012 at noon.**
- **UNATTACHED ATHLETES please contact Kurt Thomas at kt89@uab.edu**

**Entry Fees:**

- \$500 per team per gender (\$1000 for dual gender program)
- \$40 for unattached entries.
- Please make checks payable to **Birmingham Southern College**
- Checks and Cash only

**Packet Pickup:**

- Available from 2pm-8pm Wednesday Jan. 25, or 8am-12pm Thur Jan. 26 at packet pickup window at entrance of Crossplex

### Check-in:

- **Track Athletes** - Check in 15min prior to your event. Once checked in, you will be required to stay in the clerking area to be escorted out to your event. Entrance to warm-up area 45min prior to your event. You will not be allowed to warmup in the warmup area before the 45min 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 South 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.
- 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 upon request.

### Facility Restrictions:

- **The use of 1/4" 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 Jan. 25. Certain areas will be closed off for Hept/Pent/Weight Throw
- On Thursday, Jan. 26, 2012, no general warm-up will be available. The facility doors will open at 8am.

### Training Room:

- Please contact **Melissa Adams at** 205-306-0310, [madams73@uab.edu](mailto:madams73@uab.edu) for any training room needs.
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### Team Parking:

- Team bus and vans should use rear entrance behind Harris Arena on Avenue W when entering the Crossplex.
- Drop off athletes at rear of the Crossplex building.

### 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

**Pole Vault Poles:** To have poles shipped to the track, the address to the Crossplex is  
2331 Bessemer Rd., Birmingham, AL 35208

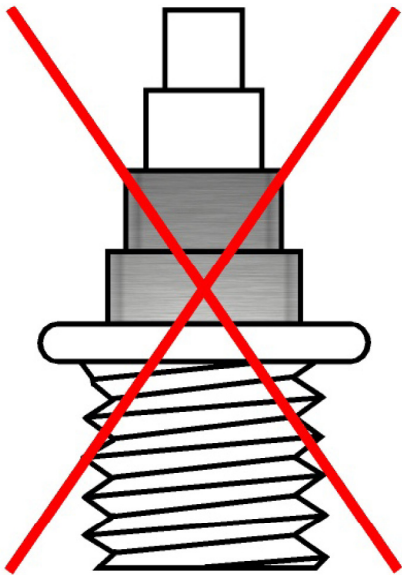
### Feeding Athletes:

-The area around the facility has very limited eating options for athletes. Here is a list of vendors who deliver food.

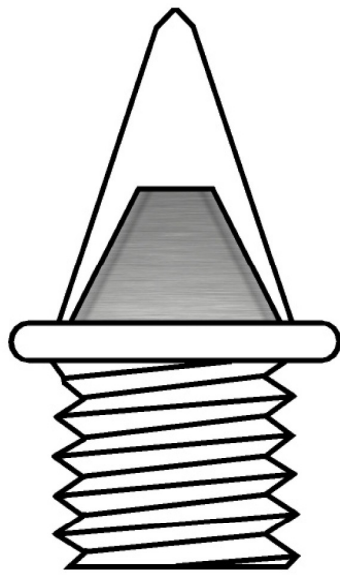
-Full Moon BBQ: Contact Joe Maluff-205-910-0060 Full catering

-Momma Goldbergs Deli-Hal [Craig-205-568-2087-HDCRAIG@gmail.com](mailto:Craig-205-568-2087-HDCRAIG@gmail.com)- 2 day notice please

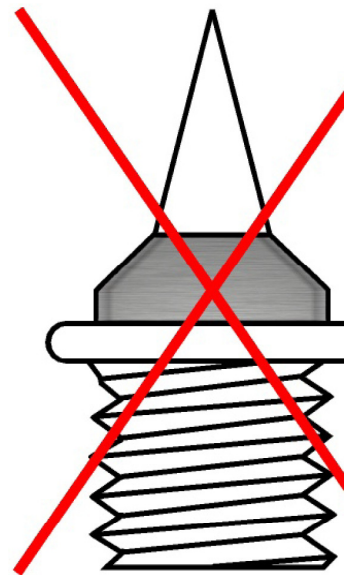
-Jimmy Johns Deli-205-933-2425



**NO**  
**Christmas**  
**Tree Spike**  
**Pins**



**1/4"**  
**Pyramid**



**NO**  
**Needle**  
**Spike**  
**Pins**

Schedule of Events

**Jan. 25, 2012 Day1**

**Multi-Events**

<b>2:00pm</b>		<b>Heptathlon 60m Dash</b>
	(est)	<b>Heptathlon Long Jump</b>
	(est)	<b>Heptathlon Shot Put</b>
	(est)	<b>Heptathlon High Jump</b>
<b>2:10pm</b>		<b>Pentathlon 60m Hurdles</b>
	(est)	<b>Pentathlon High Jump</b>
	(est)	<b>Pentathlon Shot Put</b>
	(est)	<b>Pentathlon Long Jump</b>
	(est)	<b>Pentathlon 800m Run</b>
<b>6:00pm</b>		<b>5000m (seeded) Women</b>
<b>6:25pm</b>		<b>5000m (seeded) Men</b>

**Day 2**

**Multi-Events**

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

## Jan. 26 2012 Day2

### Multi-Events

9:00am Heptathlon 60m Hurdles  
(est) Heptathlon Pole Vault  
(est) Heptathlon 1000m Run

### Field Events

9:00am Weight Throw Men  
12:00 High Jump Women  
- to follow High Jump Men  
12:00pm Weight Throw Women  
1:00pm Pole Vault Women  
10:00am Long Jump Women  
11:00am Long Jump Men  
4:00pm Triple Jump Women  
4:30pm Triple Jump Men  
3:15pm Shot Put Women  
- to follow Shot Put Men  
4:30pm Pole Vault Men

### Running Events

8:00am 5000m Men  
8:30am 5000m Women  
9:00am 60m Hurdles Prelim (Hept. 1<sup>st</sup>) Men  
9:40am 60m Hurdles Prelim Women  
10:20am 60m Dash Prelim Men  
11:00am 60m Dash Prelim Women  
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