

**UAB Blazer Indoor Invitational
Birmingham CrossPlex – Birmingham, AL
January 10th-11th, 2013**

Meet Information

Entries:

For visiting teams, the following guidelines will be followed:

****NOTE: Meet Director reserves the right to field size limitations and cutoff marks in running events.**

Throws:

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

Jumps:

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

Running Events:

- Three athletes per school per gender.
- Relays: Limit 2 entries per team (2 for men, 2 for women)
- More Athletes per event, per school at the meet director's discretion.

Unattached Entries:

-Please Contact: Chad Culver c2sports@aol.com or (423) 827-4977

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 running events are timed finals. Heats will be run fastest to slowest. Marks will be checked on TFRRS. Except for the 60m, 60m Hurdles. There will be a consolation and championship section of each 60m and 60m Hurdle final.
- 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.

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. The entry link will be emailed to each team.
- Make sure to print out a hard copy of your records after you have declared.
- You may begin processing entries on December 10th, 2012. **FINAL ENTRIES MUST BE DECLARED January 5th, 2013 by 10:00pm. Absolutely no late entries will be accepted.**
- A revised schedule will be emailed to all teams once entries are received.

Entry Fees:

- Payable by check or cash only. \$500 per gender (\$1000 for a Men's and Women's team combined) or \$50 per individual and/or relay
- Combined team entry fee not to exceed \$1000 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.

Packet Pickup:

- Available from 3pm-8pm Thursday Jan. 10, or 7am-12pm Fri. Jan. 11 at packet pickup window at entrance of Crossplex

Check-in:

- **Track Athletes** - Check in 30min prior to your event. Athletes will be called to Clerk area just prior to event. Athletes will be given numbers then. 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. **You will not be allowed to warm-up in the warm-up area before the 45min mark prior to your event. Warm-up area is for sprinting, hurdling, starts, accelerations prior to your event, not for general warm-up (jogging or drills). 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 warm-up area, a zip tie will be attached to your spikes at this time. Spike Check #2 will be at Check in. Spike Check #3 will be upon entrance to the warm-up area.
- **Field event athletes** - report to your field 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.

Shower Facilities:

- Available in locker rooms in warm-up area. Contact Kurt Thomas by Wednesday at 5:00pm for shower needs.

Facility Restrictions:

- The use of ¼" pyramid spikes will be strictly enforced.
- YOU WILL NOT BE ALLOWED TO COMPETE IF YOU DO NOT HAVE ¼" PYRAMID SPIKES
- No marking chalk will be allowed on track or runways.
- No hard shell 20# or 35# weights allowed.

Pre-Meet Warm-Up:

- The track will be open for pre-meet warm-up on Thursday, January 10, 2013 from 5:00-7:00pm. The track and infield will be cleared and closed to warm-ups for the 5000m. The warm-up track will be open until the end of the final event on Thursday night.
- Proper use of lane directions and hurdle/sprint lanes will be recognized and enforced in warm-up track

Warm-up Area:

- The basketball arena/Weight Throw arena will be used for team camps/team training area and general warmup.
- Teams/trainers will not be allowed to set up in the main concourse.
- The warm-up track will be one direction only. There are two lanes for sprinting/starts, and two lanes for hurdling. One lane will be for men's hurdles, and one for women's hurdles.

Training Room:

- **Melissa Adams** at 205-306-0310, madams73@uab.edu for any needs.
- There is a training room in the warm-up track, but will not be used as a team camp/training area. Emergencies/pre-race work only.

Team Parking:

- All team vans and buses park on the Southeast side of the Crossplex opposite the main entrance. Drop off of athletes will be allowed at the main entrance of the Crossplex

Results:

- Results will be available online live at www.uabsports.com and in the **PRESS AREA** as soon as possible after the meet is completed. The press area is on the East side of the arena at the top of the stands.
- Results will be posted during the meet in the track arena. A formal copy of the results will be made available on our website at www.uabsports.com Contact Kathryn Roberts Kathryn5@uab.edu for Results

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:

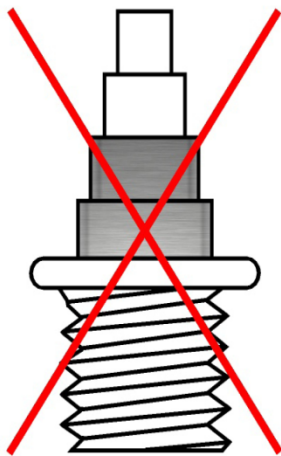
None

Pole Vault:

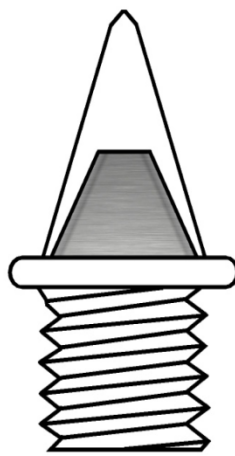
-Pole vault poles can be shipped to the Crossplex 2331 Bessemer Rd, Birmingham, AL 35208

Other Areas: Absolutely no venturing into the Natatorium/pool area of the building at any time. Meet operations area is off limits to coaches and athletes at all times.

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.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid



NO
Needle
Spike
Pins

UAB Blazer Indoor Invitational Meet Schedule January 10th- 11th, 2013

THURSDAY

7:00pm– Women’s 5000m Run

Men’s 5000m Run

FRIDAY

Running Events

8:00 Women’s Mile
Men’s Mile

9:00 Women’s 400m
Men’s 400m

10:15 Women’s 60m–Prelims
Men’s 60m Prelims

11:15 Women’s 60m Hurdle–Prelims
Men’s 60m Hurdle–Prelims

12:15 Women’s 60m–Final
(Consolation and Championship)
Men’s 60m–Final
(Consolation and Championship)

12:30 Women’s 60m Hurdle–Final
(Consolation and Championship)
Men’s 60m Hurdle–Final
(Consolation and Championship)

1:00 Women’s 800m
Men’s 800m

2:00 Women’s 200m Dash
Men’s 200m Dash

3:30 Women’s 3000m–Invite
Men’s 3000m–Invite

5:00 Women’s 4x400m Relay
Men’s 4x400m Relay

Field Events

9:00 Women’s Weight Throw–in Harris Arena
Men’s Shot Put (contested on East throwing circle)
Men’s Long Jump

11:00 Women’s Pole Vault
Women’s Long Jump

1:00 Men’s Weight Throw–in Harris Arena
Women’s Shot Put (contested on East throwing circle)
Men’s Triple Jump

2:00 Men’s High Jump
Men’s Pole Vault

3:00 Women’s Triple Jump

4:00 Women’s High Jump