

UAB Spring Invite

UAB Track and Field Complex – Birmingham, AL

March 28-29 2025

****Updated 2/17/25****

MEET PERSONNEL

HEAD COACH:

Kurt Thomas - kt89@uab.edu - 205-910-2183

MEET OFFICIALS AND VOLUNTEERS:

ASSISTANT COACH/VOLUNTEERS:

Travis Pope - trpope@uab.edu

MEET OPERATIONS:

Jonathan Hutchens: jhutchens@uab.edu

ATHLETIC TRAINING:

Torri Merritt- merrittv@uab.edu

SPORTS INFORMATION:

Andy Poole apoole3@uab.edu

Meet Payment/Ticketing:

Jasmine Jones- jones508@uab.edu (205) 996-6343

FACILITY ADDRESS: 800 11TH ST. SOUTH, BIRMINGHAM, AL 35233

MEET INFORMATION

ADMISSIONS

\$5

ENTRIES:

Entry Procedures:

- Online only at Direct Athletics. The entry link will be emailed to each team.
- **ENTRIES OPEN** March 3, 2025-8:00am
- **ENTRIES DECLARED** March 24, 2025 by 6:00pm, cst. 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.

Entry Fees:

- \$600 per gender (\$1,200 for a Men's and Women's team combined) or \$60 per individual and/or relay up to 10 entries,
- Entry payments will be done online prior to the meet. No payments will be accepted at the meet.
- Contact Jasmine Jones or Chris Curtis (above) for payments.
- Combined team entry fee not to exceed \$1,200 for dual gender programs.

PACKET PICK UP

- Packet pick up will be up Friday March 28 from 12-4pm.

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

For visiting teams, the following guidelines will be followed:

Field and Running Events

- All Events will be run according to NCAA rules

Field and Throwing Events

- Three entries per school per gender guaranteed
- More entries per school per gender at the Meet Director's discretion.
- TJ: There will be two boards: 32ft/36' for Women, 36'/42' for Men
- We reserve the right to implement field sizes to ensure the meet schedule

Running Events:

- 4 entries for running events.
- Meet Director reserves the right to limit running events to ensure the meet schedule.

Unattached Entries:

- All unattached athletes must register and pay through Direct Athletics.
- Special requests for unattached athletes please contact Kurt Thomas – kt89@uab.edu

CHECK-IN:

Track Athletes

- Check in 15min prior to your event, you will be required to stay at clerking for your event
- Hip numbers given at check in
- Warm-up area is jogging, warmup drills, strides.

Field Athletes

- Check in at your field event 30min prior to the start of the **first** flight.

SPIKE CHECK:

- All running event athletes must check spikes before their event.

IMPLEMENT CERTIFICATION:

- Weigh in for Throws implements will be as follows
- Friday: Hammer: 11-12pm/Javelin: 11-2:30pm
- Saturday: Discus and Shot Put: 7-9am
- Once your done with your throwing event, you will take your implement with you

COACHING BOXES:

- Student athletes not participating must be outside the flagged area, in your team area.
- No athletes are allowed on the infield except those athletes competing in a flight that is in progress.
- Please be respectful of these requests in order to keep the infield a safe area for all competing athletes.

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.

FACILITY RESTRICTIONS:

- The use of ¼" pyramid spikes will be strictly enforced. Approved "compression" spikes are allowed.

SEEDING:

In the LJ, TJ, SP & WT, the top nine qualifiers will proceed to the finals. Plus any post collegiate athletes, with the total in each final not to exceed twelve.

TEAM AREAS:

- Teams will be allowed to set up tents in the Plaza or outside of the flagged areas around the East/South side of the track.

TRAINING ROOM:

- Contact Torri Merrit at merrittv@uab.edu

TEAM PARKING:

- All team vans and buses park in the parking lot across from the track. Team vans/buses will not be allowed on 8th Court South.

RESULTS:

- Results will be available online live at www.uabsports.com www.xpresstiming.com

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.