

2026 Last Chance Invitational

January 23rd & 24th, 2026

Birmingham, AL CrossPlex

Co-hosted by Bob Jones, Hoover, Northridge,
Spain Park, Vestavia Hills

Facility & Admission	6 lane hydraulic banked track. Timing will be FAT. Admission will be free for students, \$5 for those 65 & over, \$10 for other adults. AHSAA coach's cards accepted. Coaches w/o cards-\$10.
Equipment	Starting Blocks and shots will be provided—leave yours at home.
Entries & Registration	There is a 3 person entry limit in most events;;3200(2) Relay limits are: 4 x 8 (one team), 4x4 (one team) and 4x2 (2 teams). A varsity athlete may enter up to 4 events including relays. (Entries will close in session #1 after 1800 athletes are entered. Session #2 will be limited to 1300 athletes. Session #3 will be limited to 1300) Registration will be online at http://al.milesplit.com
<p>SCHOOLS OVER 60 MILES FROM THE CROSSPLEX MAY ENTER THIS MEET BEGINNING WEDNESDAY, JANUARY 7TH. ALL OTHER TEAMS MAY ENTER THIS MEET BEGINNING THURSDAY, JANUARY 8TH. SCHOOLS WITHIN 60 MILES OF THE CROSSPLEX THAT ENTER ON WEDNESDAY WILL BE DELETED AND WILL HAVE TO REENTER BEGINNING THURSDAY.</p>	
Entry Fee	Entry will be \$15 per athlete and \$15 per relay. There will be a maximum fee of \$750/school/session. Checks should be payable to Hoover HS (or a copy of the purchase order for the meet fee) and should be brought to the meet. Without such, athletes from the non-paying school will not be able to participate. These fees must be paid before future entry into subsequent meets will be allowed. See contract information at registration site for explanation and greater detail. Schools can write/mail checks to: Hoover HS Indoor Track, 1000 Buccaneer Drive, Hoover, AL 35242. If mailed, bring PO for verification: No “check is in the mail” explanations allowed on race day. (Pentathlon entry fee is \$40 per athlete.) (Friday Morning 3200 is \$15 per athlete—not included in other session fees)
Entry Deadline	Friday sessions will close on Wednesday, Jan 21st at 11:00pm. Saturday sessions will close on Thursday, January 22nd, 11:00pm CST. No entries will be taken after that time! Performance lists will be posted ASAP on AlabamaRunners.
Sanctioning	The meet will be sanctioned by the AHSAA (Alabama), MHSAA (Mississippi) and Georgia (GHSA)
Verification of Entry Clerking / Scratches	A Printout of your entries will serve as your verification of entry into the meet. There will be no additions at the meet. One-to-one substitutions will be allowed w/o name changes.
Awards	The top 6 finishers in each session will receive a medal. No medals for morning 3200. No team trophies.
Rules	We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.
Field Events	Each jumper/thrower will have 3 attempts with no finals. In the shot put and horizontal jumps, the first mark will be measured, and then subsequent attempts must meet the standards below to also be measured. The meet director may change this at his discretion. NEW IN 2026—ELITE SHOT PUT INVITATIONAL on Friday morning. Top 10 ranked Alabama individuals are eligible to compete. 3 throws, then reseed for the finals (3 additional throws). Girls 9:00 am; Boys-10:00 am. No awards for this event. (Helpers needed to assist officials)

Opening Heights and Minimum Marks	Event	Varsity Boys	Varsity Girls
	Long Jump	15'0"	12'0"
	Triple Jump	35'0"	28'0"
	High Jump	5'0"	4'0"
	PV	8'6"	6'6"
	Shot Put	34'0"	24'0"

Appeals	Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 minutes of infractions. If appeal is upheld, the money will be refunded. Appealable offenses are misapplications of NFHSA rules. Judgment calls cannot be appealed.		
Contacts	Meet Director: Devon Hind	205-807-9144	coachdevonhind@gmail.com

Schedule of Events

Meet times

Friday

9:00am	Girls Elite Shot Put Invite
9:00am-2:00ish	Last Chance Pentathlon
10:00am	Boys Elite Shot Put Invite
10:00am	Morning 3200
12:30-10:00ish	Last Chance Invite #1 (1800 athlete limit)

Saturday

7:30am-2:30pm	Last Chance Invite #2 (1300 athlete limit)
2:30-Finish	Last Chance Invite #3 (1300 athlete limit)

9:00 Pentathlon begins with hurdles **(coaches may have to help officiate field events)**

Order of remaining events:

GIRLS

High jump-both pits	Long Jump-both pits
Shot put-2 circles	High jump-both pits
Long jump-both pits	Shot put-2 circles
800	1000

BOYS

Starting heights for pentathlon high jump (same as outdoor state pentathlon/heptathlon)

Girls-1.29 meters = 4' 2.75" (5 cm progression)

Boys-1.47 meters = 4' 9.75" (5 cm progression)

TRACK EVENTS (Girls compete first in all events) (rolling schedule)

Rolling racing schedule

4 x 800

60 hurdles-no prelims

60 dash-no prelims

400

1600 **(Minimum standards-girls 6:30 with a lap to go; Boys—5:45 with a lap to go)**

4 x 200

800 (Lapped athletes will be pulled from the track in the 800)

3200 **(Minimum standards—Girls 13:15 Boys 11:30--2/team max)**

Athletes will be pulled from track if not under the minimum standard with a lap to go.

4 x 400

FIELD EVENTS (See opening heights and minimum marks in information guide)

Starting times for the field events for each session

#1 / #2 / #3

1:30/8:30/3:30 Girls pole vault—two pits (starting height of 6'6") Boys to follow (8'6")

1:00/8:00/3:00 Girls shot put followed by boys (2 shot circles will be used)

1:00/8:00/3:00 Boys Long jump (Triple Jump to immediately follow)

1:00/8:00/3:00 Girls long jump (Triple Jump to immediately follow)

Immediately begin high jump at the conclusion of the dashes

Boys high jump—two pits (starting heights of 5'0") Girls to follow (4'0")

Additional IMPORTANT information:

****Each in-state registering school should be prepared to provide one capable adult volunteer to work one field event for each meet that they participate in. We hope to not have to call upon you for this.**

****Coach's cards will be checked at the gate. Adults who do not have coach's cards will be charged a normal gate fee of \$10.**

**** $\frac{1}{4}$ inch pyramid spikes only—athletes must go through a spike check before competing. A set of $\frac{1}{4}$ " spikes will be available for purchase for \$5 per pair of shoes at the spike check-in area.**

****Only athletes are allowed in the warm-up area at their pre-race warm-up times.**

****Concessions & T-shirts will be available for purchase.**

****A swimming meet may be taking place at the same time as our track meet. Plan to get here early so you don't get caught in traffic**

****Parking is \$10 at The CrossPlex for this event. The City of B'ham collects this parking fee. They will accept credit cards, debit cards, checks and mobile payments such as Apple Pay, Samsung Pay and**

Google Pay. **NO CASH!!** They will work to accommodate other forms of payment if necessary when possible. Parking in the shopping center lot and walking to The CrossPlex will get your car towed.

****This is a high school sanctioned event. Only member schools may participate. Track Clubs and unattached athletes are NOT allowed to participate.**

LOCATION: The CrossPlex is located in Birmingham, Alabama at 2340 Crossplex Blvd, 35208
Take I-20/59 to exit #120. Go south for 1 mile and The CrossPlex is on your left.

Doors will open at 7:00 a.m.

Only essential personnel are allowed on the Mondo surface. This would include competing athletes, officials, volunteers and coaches in coaching boxes(limit of one per school per box). Spectators and non-competing athletes are not allowed on the Mondo surface.

Athletes are encouraged to warm-up outside unless there is inclement weather. If there is inclement weather, other arrangements will be made (If the bb arena is available).

Boys and girls pole vault (starting heights of 8'6" and 6'6")

Athletes will be expected to know their heat and lane assignments so they can get the correct hip number at the numbers table and know which heat to line up in when it is called. Heat sheets will be posted on bulletin boards in the hallway near the entrance to the warm up track. All of this information is also available on-line @ xpresstiming.com or al.milesplit.com.

All results can be found on-line as well. Results will **NOT** be posted after the competition.

Officials will line up athletes when they are 5-10 minutes away from competition to alleviate large numbers of athletes waiting in the corals for a long period of time. **Athletes should get their number prior to lining up.** The athletes will need to know what lane they have been assigned so they get the correct number. The official will NOT have time to look up this information for the athlete.

After finishing a dash race, the athlete will immediately exit the Mondo surface as directed by the volunteer staff.

After finishing a race on the oval, athletes will remain on the inside of the track near the finish of the dashes. After the next race has started, the athletes will then exit the track near the long jump pit.

The 3200 will have limited heats. Coaches are encouraged to only enter athletes in this event if they are trying to hit the state qualifying mark. **If it's not possible for an athlete to hit this qualifying mark then they should not be entered in the 3200.** Time constraints are a

concern for having this event since it will take a minimum of 30 minutes for this one event if there's only one heat per gender.

Additional Indoor Track Notes

Shot Put:

For the shot put, we will use 1 ring (the "Cage" only) if there are 3 or less Flights for throws in a gender. We will follow the normal procedure. Flight 1, followed by Flight 2, followed by Flight 3

If we have 4 Flights of throws:

We will have Flight 1 in the "Cage" and Flight 3 in the "Small Ring" going at the same time. Flight 2 will follow Flight 1 in the "Cage" and Flight 4 will follow Flight 3 in the "Small Ring".

If there is an Odd number of Flights more than 3:

If we have 5 Flights of throws, Flight 1 will throw by themselves in the "Cage". Then we will have Flight 2 in the "Cage" while Flight 4 will be in the "Small Ring" at the same time. Followed by Flight 3 in the "Cage" and Flight 5 in the "Smaller Ring".

*****All Left Handed Throwers will Throw in the "Cage" Regardless of the Flight Listed.**

*****Coaches will Need to look at Field Flight Sheets prior to the Meet to plan accordingly.**

High Jump:

The High jump will be divided into two groups: a Low Pit near the 60m Finish Line and a High Pit near the 60m Starting Line. We will try to divide the High Jumpers evenly or to the best of our ability. This does not mean that each group will have the same amount of jumpers, some groups may have 4-6 more than the other. It will be based on the dividing height which will be determined at each Meet based on entries.

High Jump - High Pit Mat Location:

The High Jump mat at the High Pit location should be placed no more than 4-5 feet in front of the 60m Starting Line. While facing the pit, the left edge of the mat should be about 1 Foot away from the outside of Lane 8, while the left standard should be placed near the middle of Lane 7.

High Jump Bench at the High Pit:

The bench should be placed near the second yellow or blue line for the hurdlers.

Pole Vault Pole Rack at the Low Pit:

The Pole Rack at the Low Pit and water cooler will be moved closer to the Pole Vault Mat to allow more space for both High Jump and Pole Vault to share the end of the runway if needed.

Warm-ups:

Warm-ups need to be done on the warm-up track or around the outside of the building. We do understand that adding the second shot put ring cost us space, but we can not have kids warming-up in the Throws Area nor the Coaches Only area on the back side of the Track near the horizontal jump. This is for the safety of our athletes, coaches, and officials.

Suite rental reservations will begin October 1st by emailing cpsuites@birminghamal.gov.

Reservations are on a first come, first served basis. Any emails prior to this date will be disregarded. Be sure to include your preferred suite(s), date(s), session(s), and rental times.