

INDOOR TRACK & FIELD MEET

**Birmingham CrossPlex – Birmingham, AL
February 11th, 2022**

Meet Information

Entries:

For visiting teams, the following guidelines will be followed:

- Unlimited Entries for running events
- 4 per event for field events

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 is subject to reprimand or ejection by the referee or meet management.

Minimum measurements:

- The minimum measurements will be as follows (subject to be slightly adjusted depending on field size):
- Shot 33' women 40' men
- Weight 36' women 45' men
- Long Jump 16' women 21' men
- Triple Jump 33' women 43' men

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 qualifiers will proceed to the finals.
- **Lanes:**
- For the 60m Dash and 60m Hurdles, lanes 1-8 will be used.
- For the 200m Dash, lanes 1-6 will be used. Preferred lanes are: 5-6-4-3-2-1.
- 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
- You may begin processing online entries on December 20th, 2021. **FINAL ENTRIES MUST BE DECLARED February 8th, 2022 at 6:00pm Central Time.**

Entry Fees:

- \$600 per gender (\$1200 for dual gender program). There will be no half team rates
- Payments will be made to Direct Athletics before Registration

Packet Pickup:

- Available morning of meet. 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. General warm up will be in adjacent basketball arena. Pick up hip numbers at check in. You will be required to have spike check prior to checking in.
- **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.
- We will have weigh ins up to 30 min before competitions begin
- 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, please contact Preston Kirk.

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:

none

Training Room:

- Please contact **TBD**

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 on line as soon as possible (**xpresstiming.com**) after the meet is completed. Please do not come into 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 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.

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. Please see our attached list of vendors who deliver food.

There will be typical concession stand food available to purchase at the site (burgers, chicken fingers, etc...) and this food will be allowed in the concourse area only. No outside food is allowed in the CrossPlex facility. No food is allowed on the track oval, infield or warm-up areas by coaches, athletes, college staff or trainers. Only bottled water is allowed in these areas. CrossPlex management will confiscate any other drinks.

Restaurant Partners

Please support our official restaurant partners. Dine in, carry out or catering they ready to serve you!

Applebee's

579 Brookwood Village
Birmingham, AL 35209
(205) 879-5673
Contact: Bill McCarthy (205) 879-5673 or
grc001@grcllc.com

Bojangles

1545 Montclair Road
Birmingham, AL 35210
(205) 956-8242
Contact: Brad Hudson (205) 623-8456 or
bhudson@bojangles.com

Brio Tuscan Grille

591 Brookwood Village
Birmingham, AL 35209
(205) 879-9177
Contact: Joel Drozdowicz (205) 879-9177 or
birm.manager@bbrg.com

Cocina Superior

587 Brookwood Village
Birmingham, AL 35209
(205) 259-1985
Contact: Cynthia Griffith (205) 240-4428 or
Cynthia.cocina@yahoo.com

Dodiyos

1831 28th Avenue South, Suite 110
Birmingham, AL 35209
(205) 453-9300
Contact: Connie Kanakis (205) 453-9300 or
ckanakis@dodiyos.com

Dreamland Barbecue

1427 14th Avenue South
Birmingham, AL 35205
(205) 933-2133
Contact: Lori Schwind (205) 329-9322 or
bhamcater@dreamlandbbq.com

Full Moon Bar-b-que

337 Valley Avenue
Birmingham, AL 35209
(205) 945-9997
Contact: Joe Maluff (205) 910-0060 or
fullmoonoffice@aol.com

Gigi's Cupcakes

4745 Chase Circle, Suite 121
Hoover, AL 35244
(205) 444-4170
Contact: Jeff Kaufman (205) 266-7083 or
jvkaufman@bellsouth.net

Hamburger Heaven

180 Oxmoor Blvd

Homewood, AL 35209

(205) 941-1668

Contact: Kirk Roberts, Owner (205) 365-9765 or
hamburgerheaven1@bellsouth.net

Maki Fresh- Fast Casual Asian Dining

2800 Cahaba Village Plaza, Suite 145
Birmingham, AL 35243
(205) 970-3242
Contact: Mandy Church (205) 970-3242 or
cahaba@makifresh.com

Moe's Southwest Grill

716 Montgomery Highway
Vestavia Hills, AL 35216
(205) 824-7663
Contact: Leslie Barr, Marketing & Catering (205) 987-6637 or
moespr@me.com

Momma Goldberg's Deli

2829 18th Street South
Homewood, AL
(205) 834-8871
Contact: Justin Edwards, Co-Owner (205) 276-4001 or
Edwards.justin@gmail.com

Mugshots

1919 Kentucky Avenue, Suite 110
Vestavia Hills, AL 35216
(205) 824-9030
Contact: Matt Yeatman (205) 824-9030 or
mugshotsyeat@aol.com

Newk's

612 Montgomery Highway
Vestavia Hills, AL 35216
(205) 777-0442
Contact: Paige Gilliland (205) 919-9944 or
newks.catering@ckjeateries.com

Nothing But Noodles

2800 Cahaba Village Plaza, Suite 140
Mountain Brook, AL 35243
(205) 238-5511
Contact: Arnold Soni (205) 520-3183 or
arnoldsoni@yahoo.com

Panera Bread

700 Montgomery Highway
Vestavia Hills, AL 35216
(205) 978-8910
Contact: Robin Franklin (205) 542-2711
robin.franklin@panerabread.com

Papa John's Pizza

736 Montgomery Highway
Vestavia Hills, AL 35216
(205) 978-727

Hotel Partners

Samford Athletics encourages our visitors to stay with our official hotel sponsors. Each property meets our high standards and is convenient to campus. In addition, you will find very competitive rates and outstanding customer service. Below is contact information each property. Thank you for staying with our hotel sponsors.

Sheraton Birmingham Hotel

2101 Richard Arrington Jr. Blvd. N

Birmingham, AL 35203

For reservations call (205) 307-3039

Contact: Matthew Beard
(matthew.beard@sheraton.com)

Courtyard by Marriott Homewood

500 Shades Creek Parkway

Homewood, AL 35209

For reservations call (205) 879-0400

Contact: Dan Applegate
(dan.applegate@marriott.com)

Drury Inn & Suites Southwest

160 State Farm Parkway

Birmingham, AL 35209

For reservations call 205-940-9500

Contact: Sandra Rayburn, Area Sales Manager
(Sandra.reyburn@druryhotels.com)

Drury Inn & Suites Southeast

3510 Grandview Parkway

Birmingham, AL 35243

For reservations call 205-967-2450

Contact: Sandra Rayburn, Area Sales Manager
(Sandra.reyburn@druryhotels.com)

Springhill Suites Marriott

3950 Colonnade Parkway

Birmingham, AL 35243

For reservations call (205) 969-8099 ext. 706

Contact: Sheryl Ellis, Director of Sales
(Sherry.ellis@marriott.com)

Aloft Birmingham Soho Square

1903 29th Avenue South

Homewood, AL 35209

For reservations call (205) 504-8354

Contact: Morgan Walls, Director of Sales

(Morgan.walls@aloftbirminghamsohosquare.com)

Residence Inn Homewood Birmingham

50 State Farm Parkway

Homewood, AL 35209

For reservations call (205) 943-0044

Contact: Heather Dill, Account Executive

Heather.dill@marriott.com

Birmingham Marriott

3590 Grandview Parkway

Birmingham, AL 35243

For reservations call (205) 968-4508

Contact: Callie Melton, Sales Manager
(callie.swaid@marriott.com)

Hampton Inn-Lakeshore Drive

30 State Farm Parkway

Birmingham, AL 35209

For reservations call (205) 313-2060

Contact: Brandy Craig, Director of Sales
(brandy.craig@hilton.com)

Hampton Inn-Mountain Brook

2731 US Highway 280 South

Birmingham, AL 35223

For reservations call (205) 870-7822

Contact: Taylor Harwood
(taylor.harwood@hilton.com)

For reservations call (205) 942-6070

Contact: Arthelia Lipscomb, Director of Sales
(alipscomb@kanahotelgroup.com)

Hilton Garden Inn-Birmingham/Lakeshore Drive

520 Wildwood Circle Drive North

Birmingham, AL 35209

(205) 314-0280 or (205) 314-0283

Contact: Riley McEuen, Sales & Catering Manager

(riley.mceuen@hilton.com)

Hyatt Regency Birmingham-The Wynfrey Hotel

1000 Riverchase Galleria

Birmingham, AL 35244

For reservations call 205-444-5707

Contact: Velda Johnson, Sales Manager

Holiday Inn-Lakeshore

492 Wildwood Circle Drive North

Birmingham, AL 35209