

# UAB Green and Gold Invite

## Birmingham CrossPlex – Birmingham, AL

### February 6<sup>th</sup> 2026

\*\*Updated 11/21/25\*\*

#### MEET PERSONNEL

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##### HEAD COACH/MEET DIRECTOR:

Kurt Thomas - [kt89@uab.edu](mailto:kt89@uab.edu) - 205-910-2183

##### ASSISTANT COACH/VOLUNTEERS:

TRAVIS POPE - [TRPOPE@UAB.EDU](mailto:TRPOPE@UAB.EDU), KAMERON MORGAN - [KKMORGAN@UAB.EDU](mailto:KKMORGAN@UAB.EDU)

##### MEET OPERATIONS:

JONATHAN HUTCHENS: [JHUTCHENS@UAB.EDU](mailto:JHUTCHENS@UAB.EDU)

##### ATHLETIC TRAINING:

Torri Merritt: [merritv@uab.edu](mailto:merritv@uab.edu)

##### SPORTS INFORMATION:

Andy Poole: [apoole3@uab.edu](mailto:apoole3@uab.edu)

##### Meet Payment/Ticketing:

Jasmine Jones: [jones508@uab.edu](mailto:jones508@uab.edu) 205-934-8712

#### PLEASE NOTE

THERE WILL BE NO AVAILABLE PRACTICE TIME ON THURSDAY FEBRUARY 5th 2026

#### MEET INFORMATION

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##### ADMISSIONS

\$10-ADULTS/\$7-CHILDREN

##### ENTRIES:

##### Entry Procedures:

- Online only at Direct Athletics. The entry link will be emailed to each team.
- ENTRIES OPEN December 9, 2024.
- ENTRIES DECLARED February 3<sup>rd</sup>, 2026 by 12:00pm, est. Absolutely no late entries will be accepted.
- A revised schedule will be emailed to all teams once entries are received.

**Entry Limits:** Extra entries are not all guaranteed and allowed based on the capacity of the meet.

- Running Events: 3 entries per school/per gender
- Relays: 2 teams per relay, per school
- Field Events: 2 entries per school/per gender (limit to max 3 Flights per event per gender)

**Extra Entries:** All extra entries requests must be emailed to Kurt Thomas at [kt89@uab.edu](mailto:kt89@uab.edu)

- Extra entries are not guaranteed and left to the meet directors discretion to keep the meet manageable.

##### Entry Fees:

- \$800 per gender (\$1,600 for a Men's and Women's team combined) or \$80 per individual and/or relay up to 10 entries,
- Extra Entries: \$30 per entry
- Credit Card info or arranged check payment must be set up prior to the meet to pay for the team payment. After entries close, any accepted extra entries will be charged to the card on file or billed to your institution.
- Entry payments will be done on our Ticket website: <https://uabsports.eventue.net/> If your billing address on your card does not match the account, the card will not work. Then you will need to contact the ticket office (info above) to pay. Updated link info will be sent out via DirectAthletics
- No payments will be accepted at the meet.
- Contact Jasmine Jones (above) for payments.

**PACKET PICK UP**

- Packet pick up will be Friday February 6th from 7a-12p. If you are attending both meets, you can pick up both packets Friday.

**\*\*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

**Unattached Entries:**

- Special requests for unattached athletes please contact Kurt Thomas – [kt89@uab.edu](mailto: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 for sprinting, hurdling, starts, accelerations prior to your event, not for general warm-up (jogging or drills).

**Field Athletes**

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

**SPIKE CHECK:**

- All running event athletes must have spikes checked prior to competing.

**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.
- Weigh in for field events will be from 8am to 10am Friday Feb. 6<sup>th</sup> 2026
- Once your done with your throwing event, you will take your implement with you

**COACHING BOXES:**

- HJ coaches **ONLY WILL BE ALLOWED ON THE INFIELD**
- No athletes are allowed on the infield except those athletes competing in a flight that is in progress.
- Coaches for the pole vault events will not be allowed on the infield during warm-ups.
- Please be respectful of these requests in order to keep the infield a safe area for all competing athletes.

**WARM-UP AREA:**

-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.

## 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. 9mm HJ spikes allowed, Approved “compression” spikes are allowed.
- Gatorade bottles are not allowed in the Crossplex.
- No marking chalk will be allowed on track or runways.
- No hard shell 20# or 35# weights allowed.
- NO Outside food or drink is allowed in the Crossplex at any time.

### 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.
- For the 800m, lanes 1-6 will be used. 2 turn stagger.

### SEEDING:

- All running events are timed finals. Heats will be run fastest to slowest. **Marks will be checked on TFRRS.** 60m and 60m Hurdles will be run as seeded preliminaries and finals. In the LJ, TJ, SP & WT, the top nine qualifiers will proceed to the finals.
- If there are more than 32 entries in the 60m/60m Hurdles, we will run three rounds

### TEAM 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.
- Teams will be assigned specified sections of the stands. You are required to stay in your teams section at all times unless warming up/competing.
- Athletic Trainers will be allowed to set up under the East stands

### TRAINING ROOM:

- Contact us 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 only.
- Trainers are allowed to set up under the EAST stands. Trainers will not be allowed to set up under the WEST stands.
- Teams/trainers will not be allowed to set up in the main concourse.

### 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](http://www.uabsports.com) [www.xpresstiming.com](http://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.**