University of South Alabama Jaguar Invitational
Meet Schedule
Sunday, February 7, 2021

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 the field and running events.**

Field Events:

- With only one circle for both throwing events we will be limiting entries in the throws to avoid unreasonable delays. Meet Director discretion.
- Additional entries per school, per gender at the Meet Director's discretion.
- There will be no general warm-up in the Horizontal Jumps and Throws. Each flight will receive adequate warm-up. Only competitors in the flight competing will be allowed on the floor. Second flight will not be allowed in the throws area until the conclusion for the first flight.

Running Events:

- Field size will be limited 60m & 60 Hurdles (32 entries); 200m, 400m, 800m, Mile (24 entries)
- Relays: Limit 1 entry per team
- Additional athletes per event, per school at the meet director's discretion.
- Runners may not be entered in both the 3,000m and 5,000m
- Entries into the 3,000 and 5,000 will be limited and determined by meet directors. Minimal entry minimum guidelines:

Event	Men	Women
3000	8:45	10:15
5000	15:20	18:15

No unattached entries allowed.

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.
- All events will be run according to NCAA rules

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 by TFRRS. 60m and 60m Hurdles will be run as seeded preliminaries and finals. 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: 10-8-6-5-4-3-2-1

Entry Procedures:

- Online only at Direct Athletics.
- Make sure to print out a hard copy of your records after you have declared.
- You may begin processing entries on January 1, 2019. FINAL ENTRIES MUST BE DECLARED **Monday, February 1, 2021** by 10:00 pm**. No late entries will be accepted.**
- If needed, a revised schedule will be emailed to all teams once entries are received.

Entry Fees:

- Payable by check or cash only, no personal checks. Make checks payable to the **University of South Alabama**.
- $600 per gender ($1200 for both programs). No half team rates.

Spectator Admission Fee:

$5 for adults, $3 for children under 12.

Packet Pick-up:

- Available morning of meet. Packet pick-up window at entrance of Crossplex.

Check-in:

- Track Athletes – Check in 15 min prior to your event. Once checked in, you will be required to stay in clerking area to be escorted to your event. Entrance to warm-up area 45 min. prior to your event. You will not be allowed to warm-up in the warm-up area before the 45 min mark prior to your event. Warm-up area is for sprinting, hurdling,

starts, accelerations prior to your event, not for general warm-up. No exceptions. Pick up hip #s 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. Spike check # 2 will be at Check in. Spike check # 3 will be upon entrance to the warm-up area. Spike check # 4 will be at event site or starting line.

Field Events:

- Report to the head event official 45 minutes prior to the event.

Implement Certification:

- *Throwers should check in all implements at 10 AM…Throws certification tables closes at 12:10 PM*

Shower facilities:

- Available in locker rooms in warm-up area upon request, please contact Crossplex administrators.

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 20lbs or 35lbs weight allowed.

Athletic Training:

- Please contact South Alabama trainer Chris Randall 334-796-5444 or crandall@southalabama.edu

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.

Pole Vault Poles: To have poles shipped to the track, the address to the Crossplex is 2331 Bessemer Rd., Birmingham, AL 35208.

University of South Alabama Jaguar Indoor Invitational
Meet Schedule
Sunday, February 2, 2020

Running Events

Women's 3000m Invite	**12:30 PM**
Men's 3000m Invite	
Women's Mile	**1:00 PM**
Men's Mile	
Women's 400m	**1:40 PM**
Men's 400m	
Women's 60m - Prelims	**2:00 PM** or at the conclusion of Women's HJ
Men's 60m – Prelims	
Women's 60m Hurdle - Prelims	**2:30 PM**
Men's 60m Hurdle – Prelims	
Women's 60m – Final	**3:00 PM**
Men's 60m – Final	
Women's 60m Hurdle – Final	**3:10 PM**
Men's 60m Hurdle – Final	
Women's 800m	**3:45 PM**
Men's 800m	
Women's 200m dash	**4:15 PM**
Men's 200m dash	
Women's Invitational 5000M	**4:45 PM**
Men's Invitational 5000M	
Women's 4x400m Relay	Immediately following the Men's 5000 M
Men's 4x400m Relay	

Field Events

Women's High Jump	**12:10 PM**
Women's Weight Throw followed 30 minutes later by Men's Weight Throw followed by Women's Shot Put followed Men's Shot Put	**12:10 PM** **Throws will be on a rolling schedule!**
Men's Long Jump	**12:30 PM**
Women's Pole Vault followed by Men's Pole Vault will start approximately 1 hour.	
Women's Long Jump	
Men's High Jump	**4:00 PM** or 30 min after the 60 Hurdle finals
Men's Triple Jump	**4:15 PM**
Women's Triple Jump	

Starting Heights / Minimum Measurements

Throws – 1st legal attempt will be measured. Must hit minimum standards to get a mark after 1st legal attempt. **Depending on field size, standards may be adjusted**!

Event	Men	Women
Shot Put	14m	13m
Weight	15m	14 m

High Jump Starting Height/ Increments

Men	Women
1.81m	1.54m
1.86m	1.59m
1.91m	1.64m
1.96m	1.69m
2.01m	1.74m
2.06m	1.79m
2.12m	1.84m

Pole Vault Starting Height/ Increments (Subject to change based on # of entries)

Men	Women
4.47m	3.35m
4.62m	3.50m
4.77m	3.65m
4.92m	3.80m
5.07m	3.95m
5.22m	4.05m
5.37m	4.15m
5.52m	4.25m

Horizontal Jumps

	Men	Women
Long Jump	(6.40)	(5.40)
Triple Jump	(13.41)	(10.36)

CrossPlex Covid Safety Requirements

- Athletes should bring their own water bottles. We will provide one water station near the training table:
  - We will need to provide a volunteer to administer the water while wear a mask and gloves
- **Hand sanitizer gel will not be allowed on the Mondo floor:**
  - The host will need to provide hand sanitizing wipes on the Mondo floor for athletes especially before handling starting blocks
  - We will provide hand sanitizing wipes for throwing implements unless the thrower throws and retrieves his/her own implement (it is recommended athletes do not share implements unless the implements are sanitized between uses)
- Hand sanitizer gel may only be used in meet management, official's hospitality and suites:
  - Large hand sanitizing stations in the concourse
- Masks are mandatory to enter and inside the Birmingham CrossPlex:
  - Athletes will only remove their masks at the starting line once directed to do so by the starter or right before competing in a field event
  - All athletes will immediately put their masks back on at the completion of their event