

**University of South Alabama Jaguar Invitational**  
**Meet Schedule**  
**Sunday, February 5, 2023**

**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:**

- We will cap the throws and horizontal jumps to no more than 32 competitors. There are no guaranteed entries.
- Additional entries per school, per gender at the Meet Director's discretion.

**Running Events:**

- Three athletes per school per gender in 60m, 60 Hurdles, 200m, 400m, 800m, Mile, 5k
- Relays: Limit 2 entries per team (2 for men, 2 for women)
- Additional athletes per event, per school at the meet director's discretion.

**Unattached Entries:**

- In the interest of having an efficient meet unattached entries will be very limited. Email Paul Brueske [pbrueske@southalabama.edu](mailto:pbrueske@southalabama.edu).

**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

**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, 2023. FINAL ENTRIES MUST BE DECLARED **Tuesday, January 31, 2023** by 5:00 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 credit card only, no personal checks. Make checks payable to the **University of South Alabama.**
- \$700 per gender (\$1400 for both programs).
- Checks can be mailed to:  
University of South Alabama  
Athletic Business Office  
300 Joseph E. Gottfried Drive  
Mobile, Alabama 36688
- **Credit Card payment will be accepted in advance by calling 251-460-6547.**

**Spectator Admission:**

Tickets will be \$8, and children under 5 are admitted free. Tickets can only be purchased online:

[University of South Alabama Athletics | Online Ticket Office | Event/Item List for "2023 USA Indoor Invitational - Track & Field" \(evenue.net\)](#)

**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 9 AM...Throws certification tables closes at 11 AM*

**Shower facilities:**

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

**Facility Restrictions:**

- The use of  $\frac{1}{4}$  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 Harley Vaughn 404-663-3039

**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 Indoor Invitational**  
**Meet Schedule**  
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**Running Events**

Women's Invitational 5000 M	<b>9:30 AM</b>
Men's Invitational 5000 M	<b>9:50 AM</b>
Women's Mile	<b>NOON</b>
Men's Mile	
Women's 400m	<b>1:00 PM</b>
Men's 400m	
Women's 60m – Timed Finals	<b>2:00 PM</b> or at the conclusion of Women's HJ
Men's 60m – Timed Finals	
Women's 60m Hurdle – Timed Finals	<b>2:30 PM</b>
Men's 60m Hurdle – Timed Finals	
Women's 800m	<b>3:45 PM or conclusion of Hurdles (raise track)</b>
Men's 800m	
Women's 200m dash	<b>4:15 PM</b>
Men's 200m dash	
Women's Invitational 3000M	
Men's Invitational 3000M	
Women's 4x400m Relay	Immediately following the Men's 3000 M
Men's 4x400m Relay	

**Field Events**

Men's and Women's Shot Put (Two Circles)	<b>11:00 AM</b>
Men's Long Jump	<b>11:15 AM</b>
Women's Long Jump	<b>11:15 AM</b>
Women's High Jump	<b>Noon</b>
Men's Weight followed by Women's Weight	30 minutes after the Men's Shot Put
Men's Pole Vault followed by Women's Pole Vault will start approximately 1.5 hour after.	<b>12:30 PM</b>
Men's High Jump	4:00 PM or 30 min after the 60 Hurdle finals
Men's Triple Jump	3:15 PM
Women's Triple Jump	3:15 PM

## Starting Heights / Minimum Measurements

### 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)

### Throws & Horizontal Jumps

**NOTE: We will be capping entries to no more than 32 per event.**