

Contact

Meet Director: Devon Hind

(Office)205-439-1379 (Cell)205-807-9144

Dhind@hoover.k12.al.us

Schedule of Events--MORNING SESSION IS FOR 12 & UNDER; AFTERNOON 13 thru 18

TRACK EVENTS ORDER (8 & under girls, then 8 & under boys, then 9-10 girls, etc. unless noted)

Rolling schedule—An estimated time schedule will be posted on-line once all the entries are completed.

MORNING SESSION

AFTERNOON SESSION

8:00	800	1:30	60 hurdles
	60 dash		60 dash
	400		400
	200		200
			800

FIELD EVENTS

- 8:00 Long jump (11-12, 9-10, 8 & under) Girls on one pit, boys on another pit
- 8:00 Shot put (8 & under, 9-10, 11-12) Girls first, then boys
- 1:30 Girls shot put (13-14, 15-16, 17-18) Finish all girls then begin boys
Boys shot put (13-14, 15-16, 17-18)
Girls weight throw followed by boys weight throw (15-16 first)
- 2:00 Girls & boys pole vault (13-14, 15-16) Opening height—6'6" girls; 8' boys
- 2:30 Girls & boys long jump (13-14, 15-16, 17-18) Girls on one pit, boys on another pit
- ?? Girls & boys triple jump (13-14 first) Immediately follows long jump
- 4:30 Girls & boys pole vault (17-18) Opening height—8' girls; 10' boys

Additional IMPORTANT information:

**¼ inch pyramid spikes only—athletes must go through a spike check before competing. A set of ¼" spikes will be available for purchase for \$5 per pair of shoes at the spike check-in area.

Only athletes/coaches are allowed in the warm-up area. **No team camps in warm-up area.

**We will have 2 pole vault pits, 2 long/triple jump pits going at the same time.

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

**The City of B'ham charges \$5 for parking at all events at The CrossPlex. 1100 spaces are available on site. CrossPlex parking in the shopping center lot will get your car towed. Police/staff tend the parking lot areas.

Admission to the Crossplex is \$10 per adult; \$5 for 65 & over; students free(450 maximum spectators**)

**Coaches can get in free with a valid coaching card (AAU, USATF or School coaching cards accepted)

****This is not an AHSAA sanctioned event. Alabama MS & HS athletes may compete unattached without penalty according to AHSAA rules. (2 non-sanctioned events allowed per season with permission from your coach) In-state & Out-of-state Track Clubs are allowed to participate.**

**LOCATION: The CrossPlex is located in Birmingham, Alabama at 2331 Bessemer Road, 35208
Take I-20/59 to exit #120. Go south for 1 mile and The CrossPlex is on your left.**

Special considerations for the 2020-21 season because of Covid-19 are as follows:

Doors will open when the Crossplex is done disinfecting and no more than 30 minutes before the event is to start.

All spectators and athletes must wear a mask at all times (Unless competing) while inside the Crossplex.

The bleacher limit at any one time is 950, per The Crossplex.

Coaches are expected to do temperature checks on their own athletes prior to competition/entering the Crossplex.

Athletes and coaches must stay on the home side bleachers.

Spectators can only view from the visiting side bleachers. (Long jump side of the track)

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, multiple coaches from the same school, college coaches and non-competing athletes are not allowed on the Mondo surface.

Spike-check would be available outside the arena prior to the doors opening if it's later than 30 minutes before competition. Inside the arena, spike-check will be set up in 2 locations and monitoring will take place so that social distancing is done.

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).

The interior warm-up track will be monitored so that only the athletes who are in the next competition will be allowed in that area. Example: if girls are running the 60 dash, only 60 dash boys will be allowed in the warm-up track. There will be no loitering in the warm-up area. This is for the final phase of warm-ups and is not intended to be a place to do an entire warm-up. (i.e--if it takes an athlete 45 minutes to warm-up, they need to do at least the first 30 minutes outside)

Athletes will be expected to know their heat and lane assignments. Heat sheets will NOT be posted this year. All this information is available on-line @ xpresstiming.com.

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

Athletes will be called to a holding area near the shot put circle not more than 10 minutes before they are to compete. Athletes should report ready for competition (no extra clothing or shoes).

Officials will line up athletes when they are 5 minutes away from competition to alleviate large numbers of athletes waiting in the corals for a long period of time. Numbers will be handed out to the athletes in the corals. Athletes will NOT have to get their number prior to this time, but the athlete 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.

Athletes should have their mask on until they are in their lane on the track. At the starting line they may remove the mask and the athlete is REQUIRED to carry the mask during competition. Immediately after the competition the athlete should put their mask on. Failure to have the mask after competing will result in disqualification from the event. It is suggested that many athletes consider wearing the gator-type mask so the possibility of losing a mask during competition does not exist.

After finishing a dash race, the athlete will immediately exit the Mondo surface and not go back toward the clerking area.

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 and then immediately exit the Mondo surface without heading back toward the clerking area.

The Crossplex will have designated entrance doors and exit doors.

We will follow USATF guidelines for how many participate in a dash race. These guidelines vary depending on the current threat level of Covid-19. High threat level is every other lane. Low threat level, as it is currently in October, would allow every lane to be filled.

There will NOT be any water coolers available at the Crossplex. Athletes should bring their own personal containers of water or purchase it from the concession stand. Sharing of drink containers is strictly forbidden.

The shots will be disinfected after every throw.

Hand sanitizer will be used by athletes before and after touching the starting blocks.