

Birmingham, AL CrossPlex Hosted by
Alabama Striders

6 lane hydraulic banked track. 8 lane
straightaway. Timing will be FAT.
Admission will be \$20 for adults.
Tickets can be purchased ONLINE.

Facility & Admission

2024 WANDA LEE THOMAS SHOWDOWN MEMORIAL

Sunday, January 7th, 2023

Equipment: Starting Blocks will be provided—leave yours at home.

***You must bring your own weight throw and shotput implements.

Entry Fee will be \$41/athlete. Diaper Dandies [age 1 to 3] is \$10/athlete.

All entry fee payments must be made on-line at coacho.com by the meet entry deadline as listed below. **Entry Deadline: Thursday, January 4th, 2024 at 11:59 pm CST.**

Age Groups 1-3; 4-6; 7-8; 9-10; 11-12; 13-14; 15-16; 17-18; Open

Clerking / Scratches There will be no additions at the meet. Athletes will immediately report to the starting line or clerking area when called.

****Spectator Admission Fees to the Crossplex - \$20 per adult - \$10 for 65+ Seniors, \$10 per coach with less than 10 paid athletes and 1-3 years of age are free admission!**

**ALL \$20 SPECTATOR TICKETS MUST BE
PURCHASED ONLINE! TO MAKE YOUR
TICKET PURCHASE, PLEASE CLICK THE BOLD
CAPTIONED BLUE COLORED MEET NAME
LISTED JUST BELOW:**

<https://tfcusa.eventsmart.com/?p=2754>

THERE ARE NO REFUNDS for On-line SPECTATOR TICKETS once paid for!

*****Bib#'s are included in your team packet, and "1"
coaching pass for every "10" paid athletes!*****

Awards: Medals to top 3 individuals per event in each division.

HEAT SHEETS / LIVE RESULTS WILL BE POSTED
ONLINE

AT <https://xpresstiming.com/>

**Rolling Schedule of Running Events - Doors open at 7:00 a.m.
CST**

8:00 a.m. start time

60m hurdles

60m dash

400m

1500m walk

800m

1500m run

200m

Rolling Schedule of Field Events - Doors open at 7:00 a.m. CST

Each jumper/thrower will have 3 attempts with no finals.

8:00 a.m. Long jump (young to old) Girls on one pit,
boys on another pit- **Triple jump to immediately follow
long jump**

8:00 a.m. Shot put (old to young) Girls first, then boys - Weight
throw to follow

10:00 High Jump—girls first, then boys

10:00 Pole vault girls

12:00 Pole vault boys

Additional IMPORTANT information:

****1/4 inch pyramid spikes only—athletes must go through a spike check before competing. **Only athletes/coaches are allowed in the warm-up area. **No team camps in the 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.**

****Parking is now \$10 at The CrossPlex for this event. The City of B'ham collects this parking fee. They will accept credit cards, debit cards, checks and mobile payments such as Apple Pay, Samsung Pay and Google Pay. They will work to accommodate other forms of payment if necessary when possible. Parking in the shopping center lot and walking to The CrossPlex will get your car towed.**

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

Coaches bands will only be given to those coaches who have 10+ athletes per team and they have paid their registration fees in full via coacho.com

Contact: Meet Director is Dewitt Thomas

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