



2022 ALABAMA HEAT 7th Annual Regional Tune-up Track Meet

"The Tune-up"

9 am Saturday – June 18, 2022

Choccolocco Park – Oxford Sport Complex

954 Leon Smith Pkwy, Oxford, AL

Youth / Open - Master / Club Team / Unattached Athletes

Entry Deadline:	June 13, 2022 11:59 pm Early registration Online at Coacho.com June 15, 2022 11:59 pm Late Registration Online at Coacho.com
Fee:	\$22 per Athlete / \$19 per Athlete age 6 and under \$25 per Athlete late – Must pay online. No onsite registration \$27 Open & Master, \$30 Open & Master Late Registration
Age:	5-18 yrs old (Youth) / Open / Master
Admissions:	\$10 (6 and under are free)
Time:	8:00 am Coaches Meeting 8:30 a.m. Field Events Start 8:00 am Hammer Throw 9:00 am Running Events Start

All events are timed Finals so please use seed times. *Competitors need to bring their own implements to be used at the meet. This meet is sanctioned by USATF with no membership restrictions. Athletes and coaches will be asked to sign waivers.

ENTRY PROCESS:

This is a USATF Sanctioned competition. Open men, women and Mater specific events will be contested. You do not need a AAU or USATF membership to enter.

Club Administrators and Unattached Athletes should register online at Coach O . **Please note regular entries close June 13, 2022.** Late entries will Close June 15, 2022. Fees must be paid online by the close of registration. Only VISA and electronic check will be accepted.

For questions, contact at:

Jeff Jackson at 205-438-9393 (jacksonjeff@msn.com) **of the Alabama Heat track clubs.**



AWARDS: Medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 30 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of five dollars. Bib numbers will be distributed to athletes by the coached in the coaches package or in the unattached athletes individual package. **(Coaches packages can be picked at the entry gate of the track).** Relay team members must be uniformed in competition or the relay team will be disqualified.

EVENT RESULTS: During competition, event results will be posted in a designated area at the track stadium. In addition, event results will be posted at **Xpresstiming.com**,

Rolling Schedule Starting at 9 am

1500 Meter Race Walk All Appropriate Age Groups
400 Meter Hurdles (36") M, Open, 15-16, 17-18
400 Meter Hurdles (30") W, Open, 15-16, 17-18 Hurdles
200 Meter Hurdles (30") 13-14
4x100 Meter Relay (All Divisions)
400 Meter Dash (All Divisions)
1500 Meter Run (All Divisions)
100 Meter Dash (All Divisions)
80 Meter Hurdles (30") 11-12
100 Meter Hurdles (33") 15-16, 17-18 Girls, Open
100 Meter Hurdles (30") 13-14
110 Meter Hurdles (39") 15-16, 17-18 Boys Open
800 Meter Dash (All Divisions)
200 Meter Dash (All Divisions)
4 x400 Meter Relay (All Divisions)



Field Events-8AM

8 A.M. Hammer Throw All Divisions
8:30 am Long Jump (All Divisions Youngest to Oldest)
Triple Jump following long jump (13-14 G/B, 15-18 G/B, OPEN W/M)
8:30 am High Jump (All Divisions (except 8 and under) Oldest to Youngest)
8:30 am Shot-Put (7-8 G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-18 G/B, OPEN W/M)
Discus Throw following Hammer (15-18 G/B, OPEN W/M, 13-14 G/B)
Javelin (13-14 G/B, 15-18 G/B, OPEN W/M, turbo)
9 am Pole Vault (females, males follow)
Turbo-Javelin (7-8 B/G, 9/10 B/G, 11-12 B/G)

PROTESTS: There will be a **\$100** fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

RULES – CONDUCT & FACILITY:

1. Competitors must compete in the division determined by the competitor's year of birth.
2. Time schedules are subject to change. Any schedule changes will be announced and posted.

GATE ADMISSION FEES:

Per Day Cost: **\$10.00**

DIRECTIONS & PARKING: Choccolocco Park – Oxford Sport Complex. 954 Leon Smith Pkwy, Oxford, AL

<https://www.google.com/maps/place/Leon+Smith+Pkwy,+Oxford,+AL+36203/@33.5970037,-85.7880359,17z/data=!3m1!4b1!4m5!3m4!1s0x888bb1ca6c73acbd:0x5a58c01753a02d85!8m2!3d33.5970037!4d-85.7858472>

From I-20 East/West:

Follow I-20 E/W to Leon Smith Pkwy. Take exit 188.
Turn right/left onto Leon Smith Pkwy
Follow for 0.7 miles. Choccolocco Park will be on your right.

From US-78 East/West

Follow US-78 E/W to Leon Smith Pkwy
Use left/right turning lanes to turn onto Leon Smith Pkwy S
Follow for 0.7 miles. Choccolocco Park will be on your right

CONTACT:

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