

Schedule of Events

Pentathlon (All age groups will compete at the same time beginning in the morning)

8:30ish Hurdles to begin after the morning session 800 (warm ups available after 7:00)

Women high jump after the morning session dashes

Men high jump after the mid-day session dashes

Long jump and shot put will work in when pits are available

800 and 1000 will race approximately 30 minutes after field events conclude

women's order of events--hurdles, HJ, SP, LJ, 800

men's order of events--hurdles, LJ, SP, HJ, 1000

Morning session (8 & under, 9/10, 11/12)--approximately 20% of athletes last year

8:00-10:30

800

60 hurdles--11/12 only

60 dash

400

200

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

Mid-day session (13/14, 15/16)--approximately 20% athletes last year

10:30-1:30

60 hurdles

60 dash

400

200

800

10:30 Shot put 13/14, 15/16, girls first then boys, 15/16 weight throw to follow

11:00 Long jump 13/14, 15/16, boys and girls on separate pits at same time

Triple jump to immediately follow long jump completion

11:00 Pole vault 13/14, 15/16 compete at same time (boys and girls pits-separate pits)

Opening heights--6'6" girls; 8' boys

High jump to start at the conclusion of the dashes (both divisions competing at the same time)
(starting height TBD)

Late afternoon session (17/18, 19 & over)--approximately 53% of athletes last year

(We will do our best to give some rest between events)

1:30 to 5:30ish

60 hurdles

60 dash

400

200

800

1:30 Shot put--girls first, then boys; followed immediately by Weight Throw

2:30 Long jump--boys and girls on separate pits; triple jump immediately follows

2:30 Pole Vault--(boys and girls pits-separate pits) Opening heights--8' girls; 10' boys

High jump to start at the conclusion of the dashes (both divisions competing at the same time)
(starting height TBD)

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 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.

**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

**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.

Coach’s bands will only be given to those coaches with AAU, USATF or school coaching cards. Coaches MUST be able to show proof of this by showing their card or having their coaching identification on their phone. Please come prepared for this.