

Wanda Lee Thomas Showdown Memorial 2023

CrossPlex

2331 Bessemer Road

Birmingham, AL

Sunday, January 8, 2023

All Running events will start at the time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their scheduled heat is run will be scratched from the event. All Field Events will follow schedule below. **This is a rolling schedule.** Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event Official – ONLY** - at the appropriate time. **Field Event athletes will have 10 minutes to report back to their Field Event Area after their running event** and they must be ready to compete.

Running Event Schedule	
	8:00 AM start and then ROLLING SCHEDULE
Time	All heats are Finals
8:00 AM	60 Meter Hurdles 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	1500mRW 7-8G/B, 9-10G/B, 11/12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	60m 4-6G/B, 7-8G/B, 9-10G/B, 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M 1-3G/B (Diaper Dandy Special Event)
	1500m 7-8G/B, 9-10G/B, 11/12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	400m 7-8G/B, 9-10G/B, 11/12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	200m 4-6G/B, 7-8G/B, 9-10G/B, 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	800m 7-8G/B, 9-10G/B, 11/12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	4x200 Relay 7-8G/B, 9-10G/B, 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M

Field Event Schedule

**8:00 AM start and then ROLLING SCHEDULE FOR ALL FIELD EVENTS
(POLE VAULT IS ONLY EXCEPTION-starts at 10:00AM and 12:00 noontime)
only 3 throws AND 3 jumps are allowed AND this is final-no exceptions**

8:00AM	Standing Long Jump Pit 1: 4-6G
	Long Jump Pit 1: 7-8G, 9-10G, 11-12G, 13-14G, 15-16G, 17-18G, 19-99W
	Standing Long Jump Pit 2: 4-6B
	Long Jump Pit 2: 7-8B, 9-10B, 11-12B, 13-14B, 15-16B, 17-18B, 19-99M
	Triple Jump Pit 1: 13-14G, 15-16G, 17-18G, 19-99W
	Triple Jump Pit 2: 13-14B, 15-16B, 17-18B, 19-99M
	High Jump: 9-10G/B, 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	Shot Put: 4-6G/B, 7-8G/B, 9-10G/B, 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
	Weight Throw: 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M
10:00AM	Pole Vault: 13-14G, 15-16G, 17-18G, 19-99W
12:00PM	Pole Vault: 13-14B, 15-16B, 17-18B, 19-99M