

Morehouse Maroon Tiger Indoor Invite

INDOOR TRACK & FIELD MEET Birmingham CrossPlex – Birmingham, AL Friday, December 8, 2023

Meet Information

- For visiting teams, the following guidelines will be followed:
- ****NOTE: Meet Director reserves the right to field size limitations and cutoff marks in running events.**
- **Weight Throw:**
- Three entries per school per gender guaranteed.
- More entries per school per gender at the Meet Director's discretion.
- **Shot Put:**
- Three entries per school per gender guaranteed.
- More entries per school per gender at the Meet Director's discretion.
- **Long Jump, Triple Jump, Pole Vault, High Jump:**
- Three athletes per school per gender.
- More athletes per event per gender at the Meet Director's discretion.
- **All Running Events:**
- Four athletes per school per gender.
- Two relay entries per school
- **NCAA Rule: Section 1. Misconduct**
- Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics.
- **Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct is subject to reprimand or ejection by the referee or meet management.**

Seeding:

All races will be seeded as finals against time, with the exception of the 60m Dash and 60m Hurdles.
In the LJ, TJ, SP & WT, the top nine collegiate qualifiers will proceed to the finals.

Lanes:

For the 60m Dash and 60m Hurdles, lanes 1-8 will be used.
For the 200m Dash, lanes 2-6 will be used. Preferred lanes are: 5-6-4-3-2
For the 400m Dash, lanes 1-6 will be used. Preferred lanes are: 5-6-4-3-2-1

Team Scoring:

NO SCORING

Entry Procedures:

Online only at <https://www.directathletics.com>
No more speculative marks allowed. If you do not have a verifiable mark you have to be entered as a "No Time/No Mark".
Make sure to print out a hard copy of your records after you have declared.

You may begin processing online entries on Wednesday, November 13, 2023. FINAL ENTRIES MUST BE DECLARED Tuesday, December 5th at 5:30pm EST. Absolutely no late entries will be accepted.

UNATTACHED ATHLETES and CLUBS please contact Coach Christopher Doomes at Christopher.doomes2@morehouse.edu. Failure to follow instructions will not guarantee entries

Entry Fees:

\$700 per gender or \$60 per individual athletes/relay
Please make checks payable to **Morehouse College Cross Country/Track & Field Foundation**

Payment Options: Checks, Cash and Money Order

Packet Pickup:

Available the morning of meet beginning at 7:30am. Packet pickup window is located at entrance of CrossPlex

Check-in:

- **Track Athletes** - Check in 30 minutes prior to your event, entrance to warmup area 45 min prior to your event. You will not be allowed to warmup in the warmup area before the 45 min mark prior to your event. Warmup area is for sprinting, hurdling, starts, accelerations prior to your event, not for general warmup. No exceptions. Pick up hip numbers at check in. You will be required to have spike check prior to checking in. Spike Check #1 will be on the West side of bleachers outside of the warmup area, a zip tie will be attached to your spikes. Spike Check #2 will be at Check in. Spike Check #3 will be upon entrance to the warmup area.
- **Field event athletes** - report to the head event official 45 minutes prior to your event.
- **Implement Certification:**
- All implements in both the Weight Throw and Shot Put will be checked-in by the Weights and Measures Certifying Official during the final call for each event by the East side shot ring.
- Please do not bring implements to the Inspection table before check-in.
- Coaches and athletes may use the infield equipment to “self-inspect” their implements prior to the first check-in of the day.
- **Shower Facilities:**
- Available in locker rooms in warm-up area.
- **Facility Restrictions:**
- **The use of ¼” pyramid spikes will be strictly enforced.**
- **No marking chalk will be allowed on track or runways.**
- **No hard shell 20# or 35# weights allowed.**
- **Pre-Meet Warm-Up:**
On Friday, December 8th the CrossPlex will be open at 7:30am and the track and warm up area will be open for your convenience. The track and infield will be cleared and closed to warm-ups for the start of the 60m Hurdles and field events. Proper use of lane directions and hurdle/sprint lanes will be recognized and enforced in warm-up track.
- **Training Room:**
Please contact **Alyssa Wellborn – (615) 417-3229**
- **Team Parking:**
All team vans and buses park on the Southeast side of the CrossPlex opposite the main entrance. Drop off of athletes will be allowed at the main entrance of the CrossPlex
- **Results:**
Results will be available in the **PRESS AREA** as soon as possible after the meet is completed. Please do not come onto the meet management tower looking for results.
Results will be posted during the meet in the track arena and can be found at PT Timing Group.
- **Coaching boxes:**
Coaching boxes will be clearly marked around the perimeter of the track for the field events.
No athletes are allowed on the infield except those athletes competing in an event that is in progress.
Coaches for the pole vault events will be allowed on the infield during warm-ups. Once the event begins, all coaches will be asked to exit the infield.
- **Please be respectful of these requests in order to keep the infield a safe area for all competing athletes.**
- **Pole Vault Poles:**
To have poles shipped to the Birmingham CrossPlex, the address is as follows:
 - 2331 Bessemer Rd., Birmingham, AL 35208
- **Awards: None**

Hospitality Area for BSC Icebreaker Meet Officials and Volunteers ONLY (No visiting coaches allowed)!

PLEASE NOTE: No outside food may be brought into the CrossPlex.

Colored electrolyte type drinks may be consumed in the stands of the CrossPlex. **ONLY WATER WILL BE ALLOWED ON THE TRACK AND FIELD AREA SURFACE.**

PLEASE NOTE: The Birmingham CrossPlex has a contracted caterer Yellow Bicycle and DOES NOT allow outside food and beverages into the facility. If you are interested in ordering food and having it delivered to your athletes in the stands, please contact Kim Zakarin at [@Kim Zakarian](#) or 205-322-3303 or 205-427-0806.

NOTE: SCHEDULE SUBJECT TO REVISION AFTER FINAL ENTRIES ARE RECEIVED. REVISIONS WILL BE SENT OUT AFTER CLOSE OF ENTRIES!