

# 2023 Holiday Invitational

December 9th, 2023

Birmingham, AL CrossPlex

Co-hosted by Bob Jones, Hoover, Northridge,  
Smiths Station, Spain Park, Vestavia Hills

**Facility & Admission** 6 lane hydraulic banked track. Timing will be FAT. Admission will be free for students, \$5 for those 65 & over, \$10 for other adults. AHSAA coach's cards accepted. Coaches w/o cards-\$10. Tickets can be purchased at [gofan.co](https://gofan.co) (<https://gofan.co/app/school/AL1076>) Cash will be accepted also.

**Equipment** Starting Blocks and shots will be provided—leave yours at home.

**Entries & Registration** There is a 4 person entry limit in most events. (3200 limit of 2) There is a limit of 3 relay teams/school in session #2. Session #1 relay limits are: 4 x 8 (one team), 4 x 4 (2 teams), 4 x 2 (3 teams). A varsity athlete may enter up to 4 events including relays. **(Entries will close in session #1 after 700 athletes are entered. Session #2 will be unlimited)**  
Registration will be online at <http://al.milesplit.com>

**Entry Fee** Entry will be \$15 per athlete and \$15 per relay. There will be a maximum fee of \$750 per school. **Checks should be payable to Hoover HS** (or a copy of the purchase order for the meet fee) and should be brought to the meet. Without such, athletes from the non-paying school will not be able to participate. These fees must be paid before future entry into subsequent meets will be allowed. See contract information at registration site for explanation and greater detail. Schools can write/mail checks to: **Hoover HS Indoor Track**, 1000 Buccaneer Drive, Hoover, AL 35242. If mailed, bring PO for verification: **No "check is in the mail" explanations allowed on race day.**

**Entry Deadline** **Thursday, December 7th, 11:00pm CST.** No entries will be taken after that time! Performance lists will be posted ASAP on AlabamaRunners.

**Sanctioning** The meet will be sanctioned by the AHSAA (Alabama) & MHSAA (Mississippi).

**Verification of Entry** A Printout of your entries will serve as your verification of entry into the meet.

**Clerking / Scratches** There will be no additions at the meet. One-to-one substitutions will be allowed w/o name changes.

**Awards** The top 3 finishers in session #1 and top 6 in session #2 will receive a medal. No team trophies.

**Rules** We will use the National Federation rulebook for any rule disputes. Additional AHSAA rules apply.

**Scoring** **A maximum of 3 individuals and one relay team can score per team.**

**Field Events** Each jumper/thrower will have 3 attempts with no finals. In the shot put and horizontal jumps, the first mark will be measured, and then subsequent attempts must meet the standards below to also be measured. The meet director may change this at his discretion.

<b>Opening Heights and Minimum Marks</b>	<b>Event</b>	<b>Varsity Boys</b>	<b>Varsity Girls</b>
	Long Jump	15'0"	12'0"
	Triple Jump	35'0"	28'0"
	High Jump	5'0"	4'0"
	PV	8'6"	6'6"
	Shot Put	34'0"	24'0"

**Appeals**

Any appeal must be given to the referee in writing accompanied with \$25.00 within 30 minutes of infractions. If appeal is upheld, the money will be refunded. Appealable offenses are misapplications of NFHS rules. Judgment calls cannot be appealed.

**Contacts**

Meet Director: Devon Hind (Cell)205-807-9144 Coachdevonhind@gmail.com

**Schedule of Events****Meet times**

7:30am-12:30 Holiday Invite #1 (**Limit of 700 athletes in this session**)  
12:30pm-Finish Holiday Invite #2

**TRACK EVENTS (Girls compete first in all events) (rolling schedule)**

4 x 800

60 hurdles-no prelims

60 dash-no prelims

400

1600

4 x 200

800

3200 (**Minimum standards—Girls 14:00 Boys 12:00--2/team max**)

**Athletes will be pulled from track if not under the minimum standard with a lap to go.**

4 x 400

FIELD EVENTS (See opening heights and minimum marks in information guide)

**Starting times for the field events**

**8:00/1:00** Girls shot put followed by boys

**8:30/1:30** Boys Long jump (Triple Jump to immediately follow)

**8:30/1:30** Girls long jump (Triple Jump to immediately follow)

**8:30/1:30** girls pole vault—two pits (starting height of 6'6") Boys to follow (8'6")

**After dashes** Boys high jump (starting height 5'0") Girls to follow (4'0")

### **Additional IMPORTANT information:**

**\*\*Each in-state registering school should be prepared to provide one capable adult volunteer to work one field event for each meet that they participate in. We hope to not have to call upon you for this.**

**\*\*Coach's cards will be checked at the gate. Adults who do not have coach's cards will be charged a normal gate fee of \$10.**

**\*\*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 are allowed in the warm-up area at their designated warm-up times.**

**\*\*Concessions & T-shirts will be available for purchase.**

**\*\*A swimming meet may be taking place at the same time as our track meet. Plan to get here early so you don't get caught in traffic.**

**\*\*Parking is now \$10 at The CrossPlex for this event. The City of B'ham collects this parking fee. No cash accepted. 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 a high school sanctioned event. Only member schools may participate. Track Clubs and unattached athletes are NOT allowed to participate.**

**LOCATION: The CrossPlex is located in Birmingham, Alabama at 2340 Crossplex Blvd, 35208  
Take I-20/59 to exit #120. Go south for 1 mile and The CrossPlex is on your left.**

### **Additional Indoor Track Season 2023-24 points of interest**

Doors will open at 7:00 a.m.

Only essential personnel are allowed on the Mondo surface. This would include competing athletes, officials, volunteers and coaches in coaching boxes.

Athletes will be expected to know their heat and lane assignments. Heat sheets will NOT be posted. All of this information is available on-line @ [xpresstiming.com](http://xpresstiming.com) or [al.milesplit.com](http://al.milesplit.com).

All results can be found on-line as well. Results will NOT be posted after the competition.

Officials will line up athletes when they are 5-10 minutes away from competition to alleviate large numbers of athletes waiting in the corals for a long period of time. Athletes will get their number prior to this time, so the athlete will need to know what lane they have been assigned so they get the correct number. The official will NOT have time to look up this information for the athlete.

After finishing a dash race, the athlete will immediately exit the Mondo surface to the left and not go back toward the clerking area.

After finishing a race on the oval, athletes will remain on the inside of the track near the finish of the dashes. After the next race has started, the athletes will then exit the track near the long

jump pit and then immediately exit the Mondo surface without heading back toward the clerking area.

The 3200 will have limited heats. Coaches are encouraged to only enter athletes in this event if they are trying to hit the state qualifying mark. If it's not possible for an athlete to hit this qualifying mark then they should not be entered in the 3200. Time constraints are a concern for having this event since it will take a minimum of 30 minutes for this one event if there's only one heat per gender.

Christy Mixon will oversee suite rental starting October 2nd. She can be contacted by emailing her [Christy.Mixon@birminghamal.gov](mailto:Christy.Mixon@birminghamal.gov) or by calling the Crossplex directly.