BIRMINGHAM Indoor Icebreaker Meet

December 4, 2026 – Birmingham CrossPlex

9:00 a.m. Men Shot put and Women Shot put (men in ring one and women ring 2 near staging area)

9:00 a.m. Men's Long Jump and Women's Long Jump

10:00 a.m. Men's Pole Vault (Women's Pole Vault to follow)

1:00 p.m. Men's Triple Jump and Women's Triple Jump

1:00 p.m. Men's Weight Throw (Women's Weight Throw to follow)

2:00 p.m. Women's High Jump (Men's High Jump to follow)

RUNNING EVENTS – Women, then Men – Fastest Heats First

Running

8:30 a.m. 60m Prelims (Women then Men)
60m Hurdles Prelims (Women then Men)

10:00 a.m. 3000m (Women then Men)

Track Banking

12:00 p.m. 60m Final (Women then Men)
60m Hurdles Finals (Women then Men)

Track Banking

1:00 p.m. Mile

2:00 p.m. 1,000m

2:30 p.m. 300m

3:10 p.m. 400m

******WE WILL GO TO A ROLLING SCHEDULE AFTER THE 400m RACE**
800m
200m
4 x 400m Relay
**5000m (based on entry numbers)*