BIRMINGHAM Indoor Icebreaker
TRACK & FIELD MEET
Birmingham CrossPlex – Birmingham, AL
Friday, December 4, 2026

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.
- **Shot Put:**
- Three entries per school per gender guaranteed.
- **Long Jump, Triple Jump, Pole Vault, High Jump:**
- Three athletes per school per gender guaranteed.
- **All Running Events:**
- Four athletes per school per gender guaranteed.
- Two relay entries per school guaranteed.
- **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.**

COACHES – You will only be allowed to register your athletes in only two of the three events (200m, 300m, 400m). For example, if you enter an athlete in the 200 and 400, they would NOT be allowed to be entered in the 300.

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, athletes will have three attempts with finals for the top 9 marks.

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 Direct Athletics.
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 Monday, October 26, 2026. FINAL ENTRIES MUST BE DECLARED Monday, November 30th at 2:00pm CST.
****No meet day additions will be made. Bring your Direct Athletics entry receipt if you have discrepancies with your entries.**
*****UNATTACHED ATHLETES please contact Eric Merriweather at emerriweather@theaaausa.org**

Entry fees:
*$650 per gender ($1300 for a dual gender program). There will be no half or partial team rates. Extra entries over the entry limits may be purchased ($65) during the entry sign up process via Direct Athletics.
***Entry payments will be done online prior to the meet on Direct Athletics and must be paid before entries will be accepted.**

Packet Pickup:
Available the morning of meet from **6:30am – 12:00pm**. Packet pickup window is located at entrance of CrossPlex

NOTE: SCHEDULE & MEET UPDATES CAN BE FOUND ON XPRESS TIMING WEBSITE AND IS SUBJECT TO REVISION AFTER FINAL ENTRIES ARE RECEIVED!

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.
- **Spike Check** – **The use of ¼" pyramid spikes will be strictly enforced.** Spike check will be done by individual coaches with random checks at the competition area. Failure to have correct shoe ties and or spike size ¼" is an automatic dismissal from competition for each individual athlete. All running event athletes must have spikes checked prior to competing.
- **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 by 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: THRE WILL BE NO OPEN FACILITY ACCESS ON THURSDAY, December 3rd!!!**
  On Friday, December 4th the CrossPlex will be open, and the track and warm up area will be available for your convenience. The track and infield will be cleared and closed to warm-ups for the start of the 60m/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:**
  Trainers can set up under the East stands – Trainers will NOT be allowed to use the WEST stands and MAIN concourse. trainers will
- **Team Parking:**
  All team vans and buses park on the Southeast side of the CrossPlex opposite the main entrance. The Drop off of athletes will be allowed at the main entrance of the CrossPlex
- **Results:**
  Results will be available online live at www.xpresstiming.com
- **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 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:
  - 2340 Crossplex Blvd, Birmingham, AL 35208
- **Awards: None**

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

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 moved to a preferred caterers list (see attached). To have meals provided for your teams during the meet inside the CrossPlex facility, you must contact one of these caterers to place your team order. That caterer will deliver those meals to you inside the CrossPlex. The CrossPlex DOES NOT allow outside food and beverages into the facility. PLEASE CONTACT THE CATERERS ON THIS LIST FOR ASSISTANCE WITH YOUR TEAM MEALS.*

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