



2021 **ALABAMA HEAT** 6th Annual
Regional Tune-up Track Meet
9 am Saturday – June 12, 2021
Choccolocco Park – Oxford Sport Complex
954 Leon Smith Pkwy, Oxford, AL

Youth / Open - Master / Club Team / Unattached Athletes

Entry Deadline: June 10, 2021 11:59 pm Online Registration at Cocho.com
Fee: \$19 per athlete – Must pay online. No onsite registration
\$25 Open & Master
Age: 4-18 yrs old (Youth) / Open
Admissions: \$8 (6 and under are free)

Time: 8:00 am Coaches Meeting
8:30 a.m. Field Events Start
8:00 am Hammer Throw
9:00 am Running Events Start

All events are timed Finals so please use seed times.

*Competitors can bring their own implements to be used at the meet.

This meet is licensed by the Amateur Athletic Union of the U.S., Inc.

ENTRY PROCESS:

Individual Entries: **\$19 dollars** per Athlete

Youth, Open men and women specific events will be contested.

Club Administrators and Unattached Athletes should register online at Coach O **Starting May 21, 2021** (www.Cocho.com by June 10th 2020 at 11:59 pm. Late entries will not be allowed. Fees must be paid online by the close of registration. Only VISA and electronic check will be accepted.

All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU Youth Athlete membership must be obtained before the competition begins. **BE PREPARED!** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

For questions, contact at:

Jeff Jackson at 205-438-9393 (jacksonjeff@msn.com) **of the Alabama Heat track clubs.**



AWARDS: Medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 30 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of five dollars. Bib numbers will be distributed to athletes by the coached in the coaches package or in the unattached athletes individual package. **(Coaches packages can be picked at the entry gate of the track).** Relay team members must be uniformed in competition or the relay team will be disqualified

EVENT RESULTS: During competition, event results will be posted in a designated area at the track stadium. In addition, event results will be posted at **the Alabama Association website, al.usatf.org, and Alabama Runners.**

Rolling Schedule Starting at 9 am

1500 Meter Race Walk All Appropriate Age Groups
400 Meter Hurdles (36") M, Open, 15-16, 17-18
400 Meter Hurdles (30") W, Open, 15-16, 17-18 Hurdles
200 Meter Hurdles (30") 13-14
4x100 Meter Relay (All Divisions)
400 Meter Dash (All Divisions)
1500 Meter Run (All Divisions)
100 Meter Dash (All Divisions)
80 Meter Hurdles (30") 11-12
100 Meter Hurdles (33") 15-16, 17-18 Girls, Open
100 Meter Hurdles (30") 13-14
110 Meter Hurdles (39") 15-16, 17-18 Boys Open
800 Meter Dash (All Divisions)
200 Meter Dash (All Divisions)
4 x400 Meter Relay (All Divisions)



Field Events-8AM

8 A.M. Hammer Throw All Divisions
8:30 am Long Jump (All Divisions Youngest to Oldest)
Triple Jump following long jump (13-14 G/B, 15-18 G/B, OPEN W/M)
8:30 am High Jump (All Divisions (except 8 and under) Oldest to Youngest)
8:30 am Shot-Put (7-8 G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-18 G/B, OPEN W/M)
Discus Throw following Hammer (15-18 G/B, OPEN W/M, 13-14 G/B)
Javelin (13-14 G/B, 15-18 G/B, OPEN W/M, turbo)
9 am Pole Vault (females, males follow)
Turbo-Javelin (7-8 B/G, 9/10 B/G, 11-12 B/G)

PROTESTS: There will be a \$100 fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

RULES – CONDUCT & FACILITY:

1. Competitors must compete in the division determined by the competitor's year of birth.
2. Time schedules are subject to change. Any schedule changes will be announced and posted.

GATE ADMISSION FEES:

Per Day Cost: \$8.00

DIRECTIONS & PARKING: Choccolocco Park – Oxford Sport Complex. 954 Leon Smith Pkwy, Oxford, AL

<https://www.google.com/maps/place/Leon+Smith+Pkwy,+Oxford,+AL+36203/@33.5970037,-85.7880359,17z/data=!3m1!4b1!4m5!3m4!1s0x888bb1ca6c73acbd:0x5a58c01753a02d85!8m2!3d33.5970037!4d-85.7858472>

From I-20 East/West:

Follow I-20 E/W to Leon Smith Pkwy. Take exit 188.
Turn right/left onto Leon Smith Pkwy
Follow for 0.7 miles. Choccolocco Park will be on your right.

From US-78 East/West

Follow US-78 E/W to Leon Smith Pkwy
Use left/right turning lanes to turn onto Leon Smith Pkwy S
Follow for 0.7 miles. Choccolocco Park will be on your right

CONTACT:

Name: Jeff Jackson
Phone Number: (205) 438-9393
E-mail: (jacksonjeff@msn.com)