

J U N E 2 1 , 2 0 2 5

ALABAMA **HEAT**

10TH ANNUAL TUNE-UP MEET

ENTRY DEADLINE: **JUNE 19, 2025 11:59PM CST**

Registration Online at CoachO.com

MUST
PAY **ONLINE**
NO **ONSITE**
REGISTRATION

General Admissions:
\$10
6 and under are free

Oxford Sports
Complex
954 Leon Smith Pkwy

Opening Ceremony: 8am
Field Event: 8:15am
Running Events: 8:45am

All events are timed finals so please use seed times.

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Opening Ceremony at 8:00am In memory of Coach Jeff



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ENTRY PROCESS

This is a USATF Sanctioned competition. Open men, women and Master specific events will be contested. You do not need a AAU or USATF membership to enter. Club Administrators and Unattached Athletes should register online at CoachO.com. Please note entries close June 19, 2025. Fees must be paid online by the close of registration. Only VISA and electronic check will be accepted on Coach O.

PACKET PICK UP

Coaches packages can be picked up either at the Birmingham Crossplex Hotel Lobby Friday, June 20th from 4-7pm OR Saturday, June 21st at the entry gate of the track.

COMPETITION BIB NUMBERS

All competitors must wear their assigned bib numbers to check-in and during competition. BIBs must be worn on the front of their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of \$5. BIB numbers will be distributed to athletes by their coach in the coaches package or in the unattached athletes individual package.

EVENT CHECK-IN

There will be separate check-in areas for Running and Field events. Athletes must check in by the 3rd call to their specific event's. All athletes will be required to remain in the designated warm-up areas after checking in. All athlete's must also complete spike check-in. Spike check-in will close at 11am

EVENT RESULTS

During competition, event results will be posted live on Xpresstiming.com

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.

PROTESTS

There will be a \$100 fee for all protests. Protests must be submitted to the Protest Referee at once and no later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

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CONDUCT & FACILITY: PROCESS

1. Competitors must compete in the division determined by the competitor's year of birth and age on 12/31/2025.

2. Time schedules are subject to change. Any schedule changes will be announced and posted.

3. Coaches, athletes, parents, and spectators will respect final decisions made by head official.

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8am Opening ceremony - In memory of Coach Jeff
8:15am Field Events



8:45 AM Rolling Schedule

400 Meter Hurdles (36") M, Open, 15-16, 17-18

400 Meter Hurdles (30") W, Open, 15-16, 17-18

200 Meter Hurdles (30") 13-14

3000 Meter Run (All Divisions)

100 Meter Dash (All Divisions)

3000 Meter Race Walk (All Division)-

400 Meter Dash (All Divisions)

1500 Meter Run (All Divisions)

4x100 Meter Relay (All Divisions)

10 MINUTE INTERMISSION

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 Run (All Divisions)

200 Meter Dash (All Divisions)

4x400 Meter Relay (All Divisions)



Long Jump (All Divisions Youngest to Oldest)

Triple Jump following long jump (13-14 G/B, 15-18 G/B, OPEN W/M)

High Jump [All Divisions (except 8 and under) Oldest to Youngest]

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)

Javelin [13-14 G/B, 15-18 G/B, OPEN W/M, turbo]

Turbo-Javelin (7-8 B/G, 9/10 B/G, 11-12 B/G)

Pole Vault [females, males follow (after 20 min intermission 1st call will be made)]

Discus Throw following shot put (13-14 G/B, 15-18 G/B, OPEN W/M)

Field Events 8:15AM

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DIRECTIONS & PARKING

CHOCOLOCCO PARK – OXFORD SPORT COMPLEX
954 LEON SMITH PKWY, OXFORD, AL

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

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For questions, contact Brandee Ebert at 815-914-8889
(huntsvillealheat@gmail.com) of the Alabama Heat Track Club.

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

All participants must have a current AAU membership.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.