

Email: mtnbrooktc@gmail.com
If you want to run with the Mountain Brook Track Club

TFCUSA NATIONAL INDOOR CHAMPIONSHIP

**11 FEB 2018, THE CROSSPLEX
BIRMINGHAM, ALABAMA**

**ROLLING SCHEDULE, TIMED FINALS,
ALL JUMPS/THROWS MEASURED FINALS**



**ATHLETES ONLY REPORT WHEN AGE CATEGORY IS CALLED FOR THAT EVENT;
READY TO COMPETE. ABSOLUTELY NO ONE WILL BE ALLOWED IN STAGING
AREA IF NOT COMPETING FOR THAT AGE EVENT. STRESS "NO ONE", SITE
PROCTORS WILL BE CHECKING THE YOUNGER AGE DIVISIONS INTO THEIR
RESPECTED AREAS**

****FEMALES FIRST THEN BOYS YOUNGEST TO OLDEST EXCEPT LONG JUMP
TRACK OPENS @ 0730 WITH PRAYER AND NATIONAL ANTHEM, TRACK CLOSSES
@ 0745

POLE VAULT GIRLS STARTS @ 1000, BOYS WILL FOLLOW THEREAFTER

MEET BEGINS @ 0800

RACEWALK (ALL AGES)
60M HURDLES
60M HURDLES BOYS
60M
1500m run
400M
4x200 RELAY (AGE APPROPRIATE)
SPECIAL EVENT (PARENT RELAY) PAY @ SITE
200M
800M

FIELD EVENTS BEGINS@0815

LONG JUMP (2 PITS) 3 ATTEMPTS
SHOT PUTT (3 ATTEMPTS)
POLE VAULT (3 ATTEMPTS)
HIGH JUMP (3 ATTEMPTS)
TRIPLE JUMP (3 ATTEMPTS)
WEIGHT THROW (3 ATTEMPTS)

For info: www.coacho.com