



# Houston Indoor Invitational & Multi Events Meet Information



- DATE:** Friday and Saturday, January 29-30, 2010
- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center  
3100 Cullen Blvd., Houston, TX 77204
- SCHEDULE:** See: <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>
- FACILITY:** Yeoman Field House has a flat, six lane, 200-meter oval with an eight lane straightaway. The track and runways are Mondo Super-X. Throwing surfaces are plywood
- ENTRY PROCEDURE:** Entries must be completed using the Direct Athletics website ([www.directathletics.com](http://www.directathletics.com)). Updated meet information will be posted at <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>. Please check back regularly for additional updates and information.
- ENTRY DEADLINE:** ENTRIES MUST BE RECEIVED BY TUESDAY JANUARY 26, 2010 AT 5:00P.M.
- ENTRY RESTRICTIONS:**
- 3 athletes per school in the pole vault
  - 4 athletes per school in all other field events
  - 4 athletes per school in the 200 and 400.
  - 6 athletes per school in all other events
  - 3 relay teams per school
  - Only 12 multi event athletes per gender will be accepted.  
(Preference will be given to athletes who are competing for colleges participating in the invitational. No unattached multi-event athletes will be accepted.)
- ENTRY FEE:** Teams: The entry fee is \$450 per team (\$900 for both men and women). Checks should be made payable to "University of Houston" and paid at packet pick up.  
Multi-Events: The entry fee for the multi-events is \$50.00 per athlete on top of the team entry fee.  
Unattached Individuals: Must contact Ryan Turner at [ryanturner@uh.edu](mailto:ryanturner@uh.edu) to receive the entry password. Entry fee is \$30 and must be paid online through the Direct Athletics Website. Payment is due prior to the entry deadline. If payment is not received your entry will not be accepted and thus will not be entered into the meet. All individual/unattached athletes must register a valid & current USATF membership card when entering into the meet.
- MEET FORMAT:** There will be qualifying heats in the 60m dash and the 60m hurdles, with the eight fastest advancing to the final. The next eight will advance to a consolation final. In other running events, seeded heats will be run with the fastest heats first. Only 8 heats in the 200 and 400 will compete in the "A" section on Saturday. All other competitors in those events will run in the "B" sections on Friday. Only 20 competitors will compete in the "A" Long Jump on Saturday. All other long jump

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competitors' will compete in the "B" section on Friday. The triple jump will be contested from collegiate boards. Please check the Flash Results web site for information on the events your athletes have been seeded and plan travel accordingly.

**SCORING:** This will not be a scored meet.

**RULES:** NCAA rules will apply.

**PARTICIPANT ENTRY AND SEATING:** All team personnel (athletes, coaches, managers, trainers) must enter through the south side entrance to the field house. Athletes not competing must sit in the athlete seating located on the sportcourt.

**SPECTATOR ENTRY:** Spectators must enter through the front door of the Athletics/Alumni Center. Admission is \$5.00. Children 2 and under are free. Spectator seating is limited and available on a first come first serve basis. Spectator reentry is not allowed.

**WARM-UP AREA:** Athletes should warm up outside (either on the track or the grass field). In the event of inclement weather, athletes will be permitted to warm-up inside the field house at the discretion of meet management. Visiting team trainers should set up in the SportCourt. **SPIKES MAY NOT BE WORN ON THE SPORTCOURT!**

**CHECK-IN:** The clerk of the course is located at the end of the straightaway adjacent to the door that leads to the outdoor track. Athletes in running events must check-in 20 minutes before their event. Field Event athletes must check in at their respective event area 30 minutes before their events. Individual/unattached athletes will receive a wristband as proof of payment of entry fees which must be presented to meet officials at check in order to compete.

**HEAT SHEET & RESULTS:** Heat sheets will be posted online Wednesday evening, in the warm-up area on meet day and will be included in each team's packet. Results will be posted after each event is final on the windows of the UH Strength and Conditioning Center. Final results will be available on the UH athletics website: <http://uhcougars.csvt.com/sports/c-track/hou-c-track.body.html> .

**IMPLEMENTS:** Implements will be certified in Cougar Hall, across from the Clerk of the Course from 12:00 p.m.-2:00p.m. and on Saturday from 7:00 a.m.- 9:00 a.m. Implements will be impounded and taken to the ring by meet officials. Only soft-shelled indoor shots and weights may be used. Implements may be collected at the conclusion of the event.

If you have any questions, please contact Ryan Turner at [ryanturner@uh.edu](mailto:ryanturner@uh.edu) or at 713-825-9321.



Houston Indoor Invitational & Multi-Events  
January 29-30, 2010  
Meet Schedule



Pentathlon/Heptathlon Schedule of Events

Friday, January 29<sup>th</sup>:

12:00pm	Women	Pentathlon 60m Hurdles
12:30	Men	Heptathlon 60m
12:40	Women	Pentathlon High Jump
1:10	Men	Heptathlon Long Jump
2:10	Women	Pentathlon Shot Put
3:00	Men	Heptathlon Shot Put
3:10	Women	Pentathlon Long Jump
3:50	Men	Heptathlon High Jump
4:00	Women	Pentathlon 800m

Saturday, January 30<sup>th</sup>:

10:00am	Men	Heptathlon	60m Hurdles
10:40	Men	Heptathlon	Pole Vault
TBA	Men	Heptathlon	1000m Run



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Friday, January 29<sup>th</sup> Field Events

3:00pm	Women	Pole Vault	Final	
4:30	Women	Long Jump B (inside pit)		Trials & Final (9 advance)
	Men	B Long Jump (inside pit)		Trials & Final (9 advance)
		**Men LJ will follow Women LJ on inside pit		
4:30	Women	Weight Throw		
	Men	Weight Throw		

Friday, January 29<sup>th</sup> Running Events

4:30pm	Women	400 Meter Dash B		Section Finals on Time
4:50	Men	400 Meter Dash B		Section Finals on Time
5:10	Women	200 Meter Dash B		Section Finals on Time
5:25	Men	200 Meter Dash B		Section Finals on Time
5:40	Women	Distance Medley		
5:55	Men	Distance Medley		

Saturday, January 30<sup>th</sup> Field Events

9:00am	Women	Shot Put		Trials & Final (9 advance)
	Men	Shot Put		Trials & Final (9 advance)
11:00	Men	Long Jump		Final
	Women	Long Jump		Final
2:30pm	Men	Triple Jump		Trials & Final (9 advance)
	Women	Triple Jump		Trials & Final (9 advance)
1:00	Men	High Jump		Final
	Women	High Jump		Final
2:00	Men	Pole Vault		Final

Saturday, January 30<sup>th</sup> Running Events

11:00am	Women	5000m		Final
11:25	Men	5000m		Final
12:00pm	Women	60m Hurdles	Heats (16 advance)	
12:20	Men	60m Hurdles	Heats (16 advance)	
12:40	Women	60m		Heats (16 advance)
1:20	Men	60m		Heats (16 advance)
2:00	Women	Mile		Final
2:20	Men	Mile		Final
2:40	Women	400m		Final
3:00	Men	400m		Final
3:30	Women	60m Hurdles	Final (A and B)	
3:40	Men	60m Hurdles	Final (A and B)	
3:50	Women	60m		Final (A and B)
4:00	Men	60m		Final (A and B)
4:10	Women	800m		Final
4:30	Men	800m		Final
4:50	Women	200m		Final
5:10	Men	200m		Final
5:30	Women	3000m		Final
6:00	Men	3000m		Final
6:35	Women	4X400m Relay		Final
7:05	Men	4X400m Relay		Final