



HOUSTON INVITATIONAL MEET INFORMATION

- DATE:** Friday, January 26 - Saturday, January 27, 2018s
- SITE:** Yeoman Fieldhouse, University of Houston Athletics/Alumni Center
3204 Cullen Blvd., Houston, TX 77204
- SCHEDULE:** Page 3-4
- FACILITY:** Yeoman Fieldhouse 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. Updated meet information will be posted at <http://www.uhcougars.com/sports/c-track/home-meet-info.html>. Please check back regularly for additional updates and information.
- ENTRY DEADLINE:** **ENTRIES MUST BE RECEIVED BY TUESDAY, JANUARY 23, 2018 AT 5:00P.M.**
- ENTRY RESTRICTIONS:**
- 3 athletes per school in the pole vault
 - 3 athletes per school in all other field events
 - 3 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. Online entry for multi-event athletes is not available. You will need to contact Kyle Tellez at ktellez2@central.uh.edu.)
- ENTRY FEE:**
- Teams:** The entry fee is \$600 per team (\$1,200 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 \$75.00 per athlete in addition to the team entry fee.
- Unattached Individuals:** Must contact Steve Magness at sjmagnes@central.uh.edu to receive the entry password. Entry fee for unattached athletes is \$40 per event/athlete 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. Coach passes will be available for \$20 each.
- Entries are limited and at the discretion of the meet director.**

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 4 heats in the 200 and 400 will compete in the “seeded” section on Saturday.** All other competitors in those events will run in the “unseeded” sections on Friday. Only 20 competitors will compete in the “seeded” Long Jump on Saturday. All other long jump competitors’ will compete in the “unseeded” 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 fieldhouse. 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 \$8 for adults, \$5 for children (Ages 3-17). Children under 2 are free, but must sit in the lap of a parent or guardian and may not occupy a seat or obstruct the sight lines of other guests. Admission for Faculty/Staff and H Association members is \$3, as well as tickets for groups of 10+.

University of Houston students receive FREE admission to regular season track and field events. Each student must present a valid Cougar Card at the entrance for admission. Tickets are NOT needed for admittance, just show your Cougar Card, and is based on a first-come, first serve basis, so seating is based on availability. Student Cougar Card is not valid for free admission to non-UH events including the Carl Lewis High School Invitational and the Joe DeLoach Youth Invitational among others.

Spectator seating is limited and available on a first come first serve basis. Spectator re-entry is allowed but will be limited to the facility’s maximum capacity. Spectators may not bring outside food into the facility.

OFFICE HOURS: The ticket office will open 90 minutes prior to the first event and will remain open until the end of the 200-meter events.

PARKING: Bus parking at ERP, Spectator parking in 16D, 16G, and 16E on weekdays. On weekends 16D, 16G, 16B, and 16E will be open.

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 Sport Court. **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 Thursday evening by 5pm 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://www.uhcougars.com/sports/c-track/home-meet-info.html>

IMPLEMENTS: Implements will be certified in Cougar Hall, across from the Clerk of the Course from 12 - 2 p.m. on Friday and Saturday from 7 - 9 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 Steve Magness at sjmagnes@central.uh.edu.



HOUSTON INVITATIONAL

PRELIMINARY SCHEDULE | JAN. 26- 27

PENTATHLON/HEPTATHLON

FRIDAY, JANUARY 26TH (ESTIMATED START TIMES):

12:00 PM	Women	Pentathlon 60m Hurdles
12:30 PM	Men	Heptathlon 60m
	Women	Pentathlon High Jump
	Men	Heptathlon Long Jump
	Men	Heptathlon Shot Put
	Women	Pentathlon Shot Put
	Women	Pentathlon Long Jump
	Men	Heptathlon High Jump
	Women	Pentathlon 800m

SATURDAY, JANUARY 27TH:

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



HOUSTON INVITATIONAL

PRELIMINARY SCHEDULE | JAN. 26 - 27

FRIDAY, JANUARY 26TH FIELD EVENTS (MINIMUM MARKS MAY BE ADDED IF THE FIELD SIZES ARE TOO LARGE)

10:00 AM	WOMEN	WEIGHT THROW	TRIALS & FINAL (9 ADVANCE)
2:00 PM	MEN	LONG JUMP (INVITATIONAL)	TRIALS & FINAL
3:00 PM	WOMEN	POLE VAULT	
5:00 PM	MEN	WEIGHT THROW	TRIALS & FINAL (9 ADVANCE)
5:30 PM	MEN	LONG JUMP	TRIALS & FINAL (9 ADVANCE)

***MEN'S LONG JUMP HAS BEEN UPDATED TO START LATER AS OF 1/24/2018 ***

FRIDAY, JANUARY 26TH RUNNING EVENTS - ROLLING SCHEDULE

THIS SCHEDULE IS ONLY A GUIDE TO ASSIST THE COMPETITORS IN PREPARATION FOR THEIR RESPECTIVE EVENT(S).

4:30 PM	WOMEN	400 METER DASH B	SECTION FINALS ON TIME
	MEN	400 METER DASH B	SECTION FINALS ON TIME
	WOMEN	60M HURDLES	PRELIMS
	MEN	60M HURDLES	PRELIMS
	WOMEN	60M	PRELIMS
	MEN	60M	PRELIMS
	WOMEN	5000M	FINAL
	MEN	5000M	FINAL
	WOMEN	200 METER DASH B	SECTION FINALS ON TIME
	MEN	200 METER DASH B	SECTION FINALS ON TIME
	WOMEN	DISTANCE MEDLEY	FINAL
	MEN	DISTANCE MEDLEY	FINAL

SATURDAY, JANUARY 27TH FIELD EVENTS (MINIMUM MARKS MAY BE ADDED IF THE FIELD SIZES ARE TOO LARGE)

9:00 AM	WOMEN	SHOT PUT	TRIALS & FINAL (9 ADVANCE)
	MEN	SHOT PUT	TRIALS & FINAL (9 ADVANCE)
	WOMEN	LONG JUMP	TRIALS & FINAL (9 ADVANCE)
1:00 PM	MEN	HIGH JUMP	FINAL
	WOMEN	HIGH JUMP	FINAL
	MEN	TRIPLE JUMP	TRIALS & FINAL (9 ADVANCE)
	WOMEN	TRIPLE JUMP	TRIALS & FINAL (9 ADVANCE)
2:00 PM	MEN	POLE VAULT	FINAL

SATURDAY, JANUARY 27TH RUNNING EVENTS

12:00 PM	WOMEN	60M HURDLES	SEMI-FINALS
12:10	MEN	60M HURDLES	SEMI-FINALS
12:20	WOMEN	60M	SEMI-FINALS
12:30	MEN	60M	SEMI-FINALS
12:40	WOMEN	MILE	FINAL
1:05	MEN	MILE	FINAL
1:25	WOMEN	400M	FINAL
1:35	MEN	400M	FINAL
1:45	WOMEN	60M HURDLES	FINAL
1:55	MEN	60M HURDLES	FINAL
2:05	WOMEN	3000M	FINAL
2:50	WOMEN	60M	FINAL
3:00	MEN	60M	FINAL
3:10	WOMEN	800M	FINAL
3:30	MEN	800M	FINAL
3:50	WOMEN	200M	FINAL
4:00	MEN	200M	FINAL
4:10	MEN	3000M	FINAL
4:50	WOMEN	4X400M RELAY	FINAL
5:15	MEN	4X400M RELAY	FINAL

MINIMUM MARKS FOR FIELD EVENTS

Women	Weight Throw	15 Meters
Men	Weight Throw	15 Meters
Women	Shot Put	12.50 Meters
Men	Shot Put	14.50 Meters
Women	Triple Jump	11.50 Meters
Men	Triple Jump	14 Meters
Women	High Jump	1.60 Meters
Men	High Jump	1.85 Meters
Women	Pole Vault	3.40 Meters
Men	Pole Vault	4.60 Meters