



HOWIE RYAN INVITATIONAL MEET INFORMATION

- DATE:** Friday, February 9th, 2018
- SITE:** Yeoman Fieldhouse, University of Houston Athletics/Alumni Center
3204 Cullen Blvd., Houston, TX 77204
- SCHEDULE:** Page 3
- FACILITY:** Yeoman Fieldhouse has a flat, 200-meter track with six lanes on the oval and eight lanes on the straightaway. The track and runway surfaces are Mondo Super-X. The 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. This is not an open meet, it is by invitation only.
- ENTRY DEADLINE:** Entry deadline is TUESDAY, FEBRUARY 6, 2018 at Noon.
- ENTRY RESTRICTIONS:** Participating teams may enter:
- 3 athletes per gender in the Pole Vault
 - 4 athletes per gender in all other field events
 - 4 athletes per gender in the 200 and 400
 - 6 athletes per gender in all other events
 - Two relay teams per gender
- 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.
- Unattached Individuals:** Must contact Steve Magness at sjmagnes@central.uh.edu to receive the entry password. Registration does not guarantee entry into the meet. It will be voted on by a committee. Entry fee for unattached athletes is \$30 per athlete per event. Entry fee 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. Coaches passes will be available for \$20 each.
- SCORING:** This meet will not be scored.
- RULES:** NCAA rules will apply.
- PARTICIPANT ENTRY AND SEATING:** All team personnel (athletes, coaches, managers, trainers) must enter through the south entrance to the fieldhouse. Athletes not competing must sit in the athlete seating on the sportcourt area.

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.

HEAT SHEET & RESULTS: Heat sheets will be posted online Thursday evening 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 9:30 a.m. -12 p.m. Implements will be impounded and taken to the throws area by meet officials. Only soft-shelled indoor shots and weights may be used. Implements may be retrieved at the conclusion of the event.

If you have any questions, please contact Steve Magness at sjmagnes@central.uh.edu.



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FINAL SCHEDULE - FEB. 9, 2018

FIELD EVENTS:

11:00 AM	WOMEN	WEIGHT THROW	TRIALS & FINAL	9 ADVANCE
	MEN	WEIGHT THROW	TRIALS & FINAL	9 ADVANCE
	WOMEN	LONG JUMP	TRIALS & FINAL	9 ADVANCE
	MEN	LONG JUMP	TRIALS & FINAL	9 ADVANCE
12:00 PM	WOMEN	HIGH JUMP	FINAL	
	MEN	HIGH JUMP	FINAL	
1:00	WOMEN	POLE VAULT	FINAL	
	MEN	POLE VAULT	FINAL	
2:00	WOMEN	SHOT PUT	TRIALS & FINAL	9 ADVANCE
	MEN	SHOT PUT	TRIALS & FINAL	9 ADVANCE
3:30	WOMEN	TRIPLE JUMP	TRIALS & FINAL	9 ADVANCE
	MEN	TRIPLE JUMP	TRIALS & FINAL	9 ADVANCE

RUNNING EVENTS: REVISED TIME SCHEDULE

1:00 PM	WOMEN	60M HURDLES	PRELIMS	6 HEATS
1:15	MEN	60M HURDLES	PRELIMS	6 HEATS
1:30	WOMEN	60M	PRELIMS	6 HEATS
1:45	MEN	60M	PRELIMS	6 HEATS
2:00	WOMEN	3000	FINAL	2 HEATS
2:25	MEN	3000	FINAL	2 HEATS
2:45	WOMEN	60M HURDLES	SEMI-FINAL	
2:55	MEN	60M HURDLES	SEMI-FINAL	
3:05	WOMEN	60M	SEMI-FINAL	
3:15	MEN	60M	SEMI-FINAL	
3:25	WOMEN	MILE	FINAL	2 HEATS
3:45	MEN	MILE	FINAL	2 HEATS
4:05	WOMEN	60M HURDLES	FINAL	
4:15	MEN	60M HURDLES	FINAL	
4:25	WOMEN	60M	FINAL	
4:35	MEN	60M	FINAL	
4:45	WOMEN	400M	FINAL	9 HEATS
5:05	MEN	400M	FINAL	8 HEATS
5:25	WOMEN	800M	FINAL	4 HEATS
5:40	MEN	800M	FINAL	3 HEATS
5:55	WOMEN	200M	FINAL	10 HEATS
6:15	MEN	200M	FINAL	7 HEATS
6:35	WOMEN	DISTANCE MEDLEY RELAY	FINAL	
6:50	MEN	DISTANCE MEDLEY RELAY	FINAL	
7:05	WOMEN	4X400M RELAY	FINAL	2 HEATS
7:20	MEN	4X400M RELAY	FINAL	2 HEATS

THE FOLLOWING MINIMUM MARKS WILL BE IMPLEMENTED FOR THIS WEEKEND'S MEET	
MEN'S TRIPLE UMP	14.30M
WOMEN'S TRIPLE JUMP	11.50M
MEN'S LONG JUMP	6.75M
WOMEN'S LONG JUMP	5.30M
MEN'S SHOT PUT	15.00M
WOMEN'S SHOT PUT	12.50M
MEN'S WEIGHT THROW	14.50M
WOMEN'S WEIGHT THROW	14.50M

NOTES: THIS SCHEDULE IS INTENDED AS A GUIDE FOR ATHLETES TO WARM UP. DUE TO THE SIZE OF THE MEET, WE ARE EXPECTING TO RUN LONG, HOWEVER WE WILL ROLL THE SCHEDULE TO UPCOMING EVENTS IF TIMING PERMITS.

THE MEN/WOMEN'S FIELD EVENTS WILL IMMEDIATELY FOLLOW EACH OTHER. THE WOMEN'S SHOT PUT WILL IMMEDIATELY FOLLOW THE MEN'S WEIGHT THROW.