



Houston Indoor Opener Meet Information



- DATE:** Saturday, January 12th, 2008
- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center 3100 Cullen Blvd., Houston, TX
- 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:** All entries must be completed using the Flash Results Texas website, at <http://www.flashresults.com/flashtexas/>. Updated meet information will be posted at this site or 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 WEDNESDAY JANUARY 9, 2008 AT 5:00P.M.
- ENTRY RESTRICTIONS:**
- 4 athletes per school in the vertical jumps
 - 5 per school in all other field events
 - 5 athletes per school in the 200 and 400
 - 8 athletes, per school, in all other events
 - 3 relay teams per school
- ENTRY FEE:** The entry fee is \$450 per team (\$900 for both men and women). Checks should be made payable to "University of Houston." No individual entries will be accepted, including individual athletes, post collegiate athletes etc. The entry fee must be paid at packet pickup on the morning of the meet.
- QUALIFYING PROCEDURES:** 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, we will run seeded heats against time with the fastest heats first.
- SCORING:** This meet will be a scored meet. It will be scored to eight places, 10-8-6-5-4-3-2-1. Open Athletes will advance to the B section final. Open Athletes will not advance to the finals in the field events.
- RULES:** NCAA rules apply.
- PARTICIPANT ENTRY AND SEATING:** All team personnel (athletes, coaches, managers, trainers) must enter through the south side entrance of 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. No spectator reentry is allowed.

WARM-UP AREA: General warm-up can be done outside (either on the outdoor track or grass field), if weather permits. In the event of inclement weather athletes may warm-up inside the field house at the discretion of meet management. In addition, the SportCourt area at the end of the track may be used for stretching. Trainers should set up in this area. **SPIKES MAY NOT BE WORN IN THE SPORTCOURT AREA!**

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 must check-in 20 minutes before their event and will be escorted to the line. Field Event athletes must check in at their respective events.

HEAT SHEET & RESULTS: Heat sheets will be in each teams' packet, which will be available Saturday morning. They will also be available online Friday evening at <http://www.flashresults.com/flashtexas/> and <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>. Heat sheets will also be posted in the warm-up area. Results will be posted after each event is final on the windows of the Strength and Conditioning Center. Final results will be available 20 minutes after the final event is completed. They will also be available on the websites listed above.

IMPLEMENTS: Implements will be certified in the hallway adjacent to the weight room from 7:00-9:00 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 Will Blackburn at wblackburn@uh.edu or Ryan Turner at ryanturner@uh.edu. Or contact our office at 713-743-9376.

**Leonard Hilton Memorial Meet
January 12th, 2008**

Meet Schedule

Field Events:

11:00	Women	Weight Throw	Trials & Final	9 advance
	Men	Weight Throw	Trials & Final	9 advance
1:00	Women	Shot Put	Trials & Final	9 advance
	Men	Shot Put	Trials & Final	9 advance
1:00	Women	Long Jump (B section)	4 Jump Competition	
	Men	Long Jump (B section)	4 Jump Competition	
2:00	Women	Long Jump (A section)	Trials & Final	9 advance
	Men	Long Jump (A section)	Trials & Final	9 advance
6:00	Women	Triple Jump	Trials & Final	9 advance
	Men	Triple Jump	Trials & Final	9 advance
3:00	Women	Pole Vault	Final	
	Men	Pole Vault	Final	
5:30	Women	High Jump	Final	
	Men	High Jump	Final	

Running Events:

3:00	Women	5000	Final	
3:20	Men	5000	Final	
3:40	Women	60m Hurdles	Heats	16 advance
3:55	Men	60m Hurdles	Heats	16 advance
4:10	Women	60m	Heats	16 advance
4:30	Men	60m	Heats	16 advance
4:50	Women	Mile	Final	
5:05	Men	Mile	Final	
5:20	Women	400m	Final	
5:40	Men	400m	Final	
6:00	Women	60m Hurdles	Final	A and B
6:05	Men	60m Hurdles	Final	A and B
6:10	Women	60m	Final	A and B
6:15	Men	60m	Final	A and B
6:20	Women	800m	Final	
6:35	Men	800m	Final	
6:50	Women	200m	Final	
7:10	Men	200m	Final	
7:30	Women	Distance Medley Relay	Final	
7:50	Men	Distance Medley Relay	Final	
8:20	Women	4X400m Relay	Final	
8:40	Men	4X400m Relay	Final	

NOTE: In the Long Jumps, we will contest "A" and "B" sections. The A section will compete in the infield under normal rules. The B section will compete on the back straight and will use a four-jump competition format (each jumper gets 4 jumps). The men/women's field events will immediately follow each other. The women's shot put will immediately follow the men's weight throw.