



Houston Indoor Invitational/ Multi Events Meet Information



- DATE:** Friday and Saturday, February 1-2, 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/flashresults/>. Updated meet information will be posted at this site and <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 29, 2008 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.
 - 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." You may pay when you arrive on meet day. Limited individual/unattached entries will be accepted. Please contact the University of Houston coaching staff for individual/unattached entries. Unattached athletes will be charged a \$25.00 entry fee. Unattached athletes entry fees must be paid in cash or cashier's check. **NO PERSONAL CHECKS WILL BE ACCEPTED.** All individual/unattached athletes must present a valid or current USATF card when they pay their entry fees. The entry fee for the multi-events is \$50.00 per athlete on top of the team entry fee. We will limit the entry in the Multi's to 12.
- 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 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. No spectator reentry is 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 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 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 20 minutes after the final event is completed. They will also be available on the UH athletics website: <http://uhcougars.csvt.com/sports/c-track/hou-c-track.body.html> and on the Flash Results Texas website: <http://www.flashresults.com/flashtexas/>.

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

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**February 1-2, 2008
Meet Schedule**

Friday, February 1st Field Events

12:40	Women	Pentathlon High Jump	
1:10	Men	Heptathlon Long Jump	
2:10	Women	Pentathlon Shot Put	
3:00	Men	Heptathlon Shot Put	
3:00	Women	Pole Vault Final	
4:30	Men	B Long Jump	Trials & Final (9 advance)
	Women	Long Jump B (inside pit)	Trials & Final (9 advance)
3:10	Women	Pentathlon Long Jump	
3:50	Men	Heptathlon High Jump	
4:30	Women	Weight Throw	
	Men	Weight Throw	

Friday, February 1st Running Events

12:00	Women	Pentathlon 60m Hurdles	
12:30	Men	Heptathlon 60m	
4:00	Women	Pentathlon 800m	
4:30	Women	400 Meter Dash B	Section Finals on Time
4:45	Men	400 Meter Dash B	Section Finals on Time
5:05	Women	200 Meter Dash B	Section Finals on Time
5:15	Men	200 Meter Dash B	Section Finals on Time
5:30	Women	Distance Medley	
5:45	Men	Distance Medley	

Saturday, February 2nd Field Events

9:00	Women	Shot Put	Trials & Final (9 advance)
	Men	Shot Put	Trials & Final (9 advance)
11:30	Men	Long Jump	Final
	Women	Long Jump	Final
3:00	Men	Triple Jump	Trials & Final (9 advance)
	Women	Triple Jump	Trials & Final (9 advance)
10:40	Men	Heptathlon	Pole Vault
1:00	Men	High Jump	Final
	Women	High Jump	Final
2:00	Men	Pole Vault	Final

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Saturday, February 2nd 2008 Running Events

10:00am	Men	Heptathlon	60m Hurdles
12:00pm	Women	5000m	Final
12:25	Men	5000m	Final
12:50	Women	60m Hurdles	Heats (16 advance)
1:05	Men	60m Hurdles	Heats (16 advance)
1:20	Men	Heptathlon	1000m Run
1:30	Women	60m	Heats (16 advance)
1:50	Men	60m	Heats (16 advance)
2:10	Women	Mile	Final
2:20	Men	Mile	Final
2:30	Women	400m	Final
2:40	Men	400m	Final
2:50	Women	60m Hurdles	Final (A and B)
2:55	Men	60m Hurdles	Final (A and B)
3:00	Women	60m	Final (A and B)
3:05	Men	60m	Final (A and B)
3:10	Women	800m	Final
3:25	Men	800m	Final
3:40	Women	200m	Final
3:55	Men	200m	Final
4:10	Women	3000m	Final
4:30	Men	3000m	Final
4:45	Women	4X400m Relay	Final
5:00	Men	4X400m Relay	Final