



Carl Lewis High School Indoor Invitational Meet Information

- DATE:** Saturday, January 19th, 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 DEADLINE:** Entries will open 12:01 January 1, 2008 and remain open until 11:59 PM Tuesday, January 15, 2008 **All ENTRIES MUST BE RECEIVED BY 11:59PM TUESDAY, JANUARY 15, 2008. NO LATE ENTRIES WILL BE ACCEPTED.** Updated meet information will be posted at the Flash Results Texas website: (<http://www.flashresults.com/flashtexas/>) and at <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>.
- ENTRY PROCEDURE:**
- **Individuals/unattached relays:** Entries must be completed using the Direct Athletics website (www.directathletics.com). Once entries are completed payment will be due (please see entry fee information below). Entries and events may be changed/updated until the deadline at which point entries will be final and no changes will be allowed.
 - **Club Teams:** Entries must be completed using the Direct Athletics website (www.directathletics.com). Once entries are completed payment will be due. Entries and events may be changed/updated until the deadline at which point entries will be final and no changes will be allowed. The entry fee charged will be calculated based on the number of athletes/relays and events entered. Please do not enter anyone who does not intend to run no refunds will be given.
 - **High School Teams:** Entries must be completed using the Direct Athletics website (www.directathletics.com). High Schools may pay their entry fee at packet pickup Saturday Morning. Entries may be changed/updated your until the deadline at which point entries will be final and no changes will be allowed. The entry fee charged will be calculated based on the number of athletes/relays and events entered. Please do not enter anyone who does not intend to run no refunds will be given.
- ENTRY FEE:** The entry fee is \$10.00 per athlete per event and \$20.00 per relay with a maximum of \$400.00 per high school team or club. Boys and girls teams/clubs are considered separate. (If club athletes are entering the meet separately, the maximum per team limit does not apply).
- EVENT SEEDING:** Events will be seeded by entry marks. Enter a mark from the previous season in metric or imperial measurements (outdoor distances and marks will be accepted and converted if necessary). Meet Management will make every effort to seed the events properly. We reserve the right to throw out any marks deemed unrealistic and consider that athlete/relay team entered with no mark. Any athlete who is entered with no mark will be seeded at the bottom of the entry list; therefore,

coaches and athletes must send in a true and accurate mark. All heating and seeding of events will be final once we have published the heat sheets.

QUALIFYING PROCEDURES:

- **60M-60H:** There will be qualifying heats in the 60m dash and the 60m hurdles. The eight fastest times will advance to the (A) final. The next eight times will advance to a consolation (B) final.
- **200m and 400m:** Eight athletes will advance to a two heat final. Athletes will run without block in the preliminaries heats.
- **All other running events:** Seeded heats against time with the fast heat first.
- **All field events:** Trials and finals

RULES:

The National Federation of High Schools/ UIL rules will apply.

PARTICIPANT ENTRY AND SEATING:

- **Athletes:** Each athlete will be receive a wristband in their packets which will serve as you pass to enter and exit the field house, as well as proof that entry fees have been paid. Athletes must enter through the south side entrance to the field house. Athletes not competing must sit in the athlete seating section on the second turn.
- **High School Coaches:** High school coaches who present a valid UIL coach's card will be given a coach's pass and must sit in athlete's coaches seating on the sport court.
- **Clubs/High school teams:** Clubs/teams will receive 1 coach's pass for every 5 athletes entered into the meet, limited to 5 passes per organization.

SPECTATOR ENTRY:

Spectators must enter through the front door of the Athletics/Alumni Center. Admission is \$6.00 for adults, \$3.00 for children (5-12). Children under 4 are free. Spectator seating is limited and available on a first come first serve basis. Spectator reentry is allowed but is limited to the facility's maximum capacity. Spectators may not bring their food into the facility.

WARM-UP AREA:

Athletes must warm-up outside (either on the outdoor track or grass field), . In case of inclement weather, athletes will be permitted to warm up inside on the sport court and on the track at the discretion of meet management. Trainers must 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 must check-in 20 minutes before their event and will be escorted to the starting line. Field event athletes must check in with the Head Official of their event 30 minutes prior to the start of their event. Pole Vault athletes must check in 90 minutes prior to their event for certification. Each pole-vaulter's coach must sign the certification form. **Athletes must present their wristband at check in or they will not be allowed to compete.**

HEAT SHEET & RESULTS:

Heat sheets and results will be available on line. Heat sheets will be available on Thursday, January 17 at <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html> and <http://www.flashresults.com/flashtexas/> paper copies will be available at packet pick-up on meet day. 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 and they will also be available on the websites listed above.

AWARDS:

The most valuable athlete for both boys and girls in both running and field events will be awarded a trophy at the conclusion of the meet. Top 3 athletes and relay teams in each event will receive a medal.

T-SHIRTS:

T-Shirts will be available for sale at the meet only. No advance orders will be taken.

IMPLEMENTS:

Implements will be certified in the hallway adjacent to the weight room from 7:30 a.m.- 9:00 a.m. Implements will be impounded and taken to the ring by meet officials. **Only soft-shelled indoor shots may be used. Competitors are to bring their own implements for the throwing events, however, UH will provide a limited number of implements for use in the indoor shot only.** Participants may retrieve their implements following the conclusion of the event.

If you have any questions, please email Will Blackburn at wblackburn@uh.edu or Ryan Turner at ryanturner@uh.edu. Or contact our office at 713-743-9376.



**UH/Carl Lewis High School Indoor Invitational
Saturday January 19th 2008
University of Houston Yoeman Field House**



Meet Schedule

Morning Session

Field Events:

9:00	Girls	Long Jump	Trials & Finals	8 advance
11:00	Boys	Long Jump	Trials & Finals	8 advance
10:00	Boys	Shot Put	Trials & Finals	8 advance
10:00	Girls	Pole Vault	Final	

Track Events

9:00	Girls	200M	Preliminary	8 advance
9:40	Boys	200M	Preliminary	8 advance
10:20	Girls	400M	Preliminary	8 advance
11:10	Boys	400M	Preliminary	8 advance

Afternoon Session

Field Events

12:30	Boys	High Jump	Final	
2:30	Girls	High Jump	Final	
1:00	Girls	Shot Put	Trials & Finals	8 advance
1:30	Girls	Triple Jump	Trials & Finals	8 advance
3:00	Boys	Triple Jump	Trials & Finals	8 advance
1:30	Boys	Pole Vault	Final	

Running Events

1:30	Girls	DMR	Final	
1:50	Boys	DMR	Final	
2:10	Girls	4X200m Relay	Final	
2:30	Boys	4X200m Relay	Final	
2:50	Girls	60m Hurdles	Heats	16 advance
3:10	Boys	60m Hurdles	Heats	16 advance
3:40	Girls	60m	Heats	16 advance
4:00	Boys	60m	Heats	16 advance
4:20	Girls	Mile	Final	
4:40	Boys	Mile	Final	
5:00	Girls	400m	Final	2 heat final
5:05	Boys	400m	Final	2 heat final
5:15	Girls	60m Hurdles	Final	A-B final
5:20	Boys	60m Hurdles	Final	A-B final
5:25	Girls	60m	Final	A-B final
5:30	Boys	60m	Final	A-B final
5:40	Girls	800m	Final	
6:00	Boys	800m	Final	
6:20	Girls	200m	Final	2 heat final
6:30	Boys	200m	Final	2 heat final
6:40	Girls	3000m	Final	
7:00	Boys	3000m	Final	
7:20	Girls	4X400m Relay	Final	
7:40	Boys	4X400m Relay	Final	

University of Houston
Carl Lewis Invitational
Step by step Entry Instructions

Step 1: Examine the entry information and the schedule.

Step 2: **Set up an account with direct athletics.**

- You must have a direct athletics to register and enter. You may set up an account with direct athletics by going to their website www.directathletics.com.
- You may use your existing account if you have one.
- If you have an existing account and have forgotten your user name or password. Then click on forgot user name or password.
- If you do not have an account for your team you must create an account. You must go to the direct athletics website at www.directathletics.com and click on "New user? Click here." Follow the instructions to create an account and submit entries. This process will take some time (a minimum of one day) so plan accordingly or you may miss the entry deadline.

Step 3- **Enter your athletes at www.directathletics.com.**

- Go to www.directathletics.com. Use the password and username that you just created to submit your entries.
- You may sign in and make changes as often as you desire up to the entry deadline. However, there is no scratch/add policy after the entry deadline. **NO LATE ENTRIES WILL BE ACCEPTED AFTER THE ENTRY DEADLINE. ALL ENTRIES ARE FINAL AFTER THE ENTRY DEADLINE.**
- The entry deadline is **Tuesday, January 15, 2008 at 11:59 PM.**

Step 4- **Make Your Payment.**

- After you have submitted and updated your entries you must make payment with direct athletics to confirm and finalize your entries.
- **Unattached Individuals, unattached relay teams and clubs must pay their entry fees in full by the entry deadline to Direct Athletics via the Direct Athletics website with a credit or debit card.** High Schools (Competing Officially) will pay their entry fee at packet pickup.

Step 5- **Check Your Entries.**

- On Thursday, January 17, heat sheets will be posted on our website at <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>.
- Questions??? Please email Will Blackburn at wblackburn@uh.edu or Ryan Turner at ryanturner@uh.edu.