

Leonard Hilton Memorial Meet
Meet Information
(Limit 12 Teams)

- DATE:** Friday, January 21, 2005
- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center
3100 Cullen Blvd., Houston, TX
- SCHEDULE:** **See Attached**
- FACILITY:** Yeoman Field House has a flat, six-lane, 200-meter oval with eight lanes on the straightaway. The track and runway surfaces are Mondo Super-X. Throwing surfaces are plywood.
- ENTRY PROCEDURE:** All entries should be completed using the Flash Results Texas website, at <http://www.flashresults.com/flashtexas/> Updated meet information will be posted at this site.
ENTRIES MUST BE RECEIVED BY TUESDAY JANUARY 18, 2005
- ENTRY FEE:** The entry fee is \$350 per team (\$700 for both men and women). Checks should be made payable to "University of Houston". You can pay when you arrive on Friday. Please contact the University of Houston coaching staff for individual entries.
- MEET FORMAT:** There will be qualifying heats in the 60m dash and the 60m hurdles, with the sixteen fastest advancing to the final. In other running events, seeded heats will be run, if necessary, with the fastest heat first.
- SCORING:** This will be a scored meet.
- RULES:** NCAA rules will apply.
- PARTICIPANT ENTRY:** All team personnel (athletes, coaches, managers, trainers) should enter through the south side entrance to the field house.
- SPECTATOR ENTRY:** Spectators should enter through the front door of the Athletics/Alumni Center. Admission is \$5.00
- WARM-UP AREA:** General warm-up can be done outside (either on the outdoor track or grass field), if weather permits. Inside the field house, the SportCourt area at the end of the track can be used for stretching. Trainers should set up in this area. **SPIKES MAY NOT BE WORN ON THE SPORTCOURT AREA!**
- CHECK-IN:** The clerk of the course will be set up at the end of the straightaway, adjacent to the door to the outdoor track. Athletes must check-in 20 minutes before their event and will be escorted to the line.
- HEAT SHEETS & RESULTS:** Heat sheets will be in each team's packet, which will be available at 1:00 p.m. 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 weight room. Final results will be available 20 minutes after the final event is completed. They will also be available on the UH athletics website at www.UHcougars.com
- IMPLEMENTS:** Implements will be certified in the hallway adjacent to the weight room from 1:00 – 3:00 p.m. Implements will be impounded and taken to the ring by meet officials. Only soft-shelled indoor shots and weights may be used.

If you have any questions, please contact the UH Track Office at 713-743-9465 or e-mail to theresa.dunn@mail.uh.edu
THE UH/RUNSPORT ALL-COMERS MEET WILL BE SATURDAY, FEBRUARY 12

University of Houston Track & Field
Leonard Hilton Memorial Meet
January 21, 2005
Bill Yeoman Field House, UH Athletics/Alumni Center

Meet Schedule

Field Events

| | | | | |
|------|-------|--------------------|----------------|-----------|
| 2:00 | Women | Weight Throw | Trials & Final | 8 advance |
| | Men | Weight Throw | Trials & Final | 8 advance |
| | Women | Shot Put | Trials & Final | 8 advance |
| | Men | Shot Put | Trials & Final | 8 advance |
| 2:00 | Women | Long Jump (2 pits) | Trials & Final | 8 advance |
| | Men | Long Jump (2 pits) | Trials & Final | 8 advance |
| | Women | Triple Jump | Trials & Final | 8 advance |
| | Men | Triple Jump | Trials & Final | 8 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 | |
| 3:15 | Men | 5000 | Final | |
| 3:30 | Women | 60m Hurdles | Heats | 16 advance |
| 3:50 | 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&B | |
| 6:05 | Men | 60m Hurdles | Final A&B | |
| 6:10 | Women | 60m | Final A&B | |
| 6:15 | Men | 60m | Final A&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, if the numbers warrant, we will have concurrent "A" and "B" competitions. The top group will compete on the infield pit (has a wood take-off board), under normal rules. The other group will compete on the back straight which has a painted line take-off. They will use the four-jump competition (each jumper gets 4 jumps).