

Houston Invitational Track and Field Meet
May 7, 2005
Meet Information

- DATE:** Saturday May 7, 2005
- SITE:** Carl Lewis/Tom Tellez International Track and Field Complex, University of Houston
3100 Cullen Blvd., Houston, TX
- FACILITY:** Lewis/Tellez track is a eight-lane, 400-meter oval with eight lanes on the straightaway and turn.
- ENTRY FEE:** The entry fee is \$10.00 per athlete per event. Checks should be made payable to "University of Houston". You can pay when you arrive on Saturday.
- ENTRY DEADLINE:** You can register for the meet by getting onto www.flashresults.com/flashtexas Entries will close on Wednesday May 3rd at 5:00 pm
- MEET FORMAT:** In the running events, seeded heats will be run, if necessary, with the fastest heat first.
- SCORING:** This meet will be a non-scored and open event.
- RULES:** NCAA rules will apply.
- PARTICIPANT ENTRY:** All team personnel (athletes, coaches, managers, trainers) should enter through the north gate. This is the common gate for all individuals to enter the meet.
- SPECTATOR ENTRY:** Spectators should enter through the north gate. Admission is \$5.00
- WARM-UP AREA:** General warm-up can be done on the grass fields on the south and west sides of the track facility. Trainers can set up behind the bleachers on the backstretch.
- CHECK-IN:** The clerk of the course will be set up at the end of the straightaway, adjacent to the gate to the 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 teams' packet, which will be available at 9:30 a.m. Heat sheets will also be posted in the warm-up area. Results will be posted after each event is final on the boards near the entrance gate. 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 just inside the back entrance of the Indoor facility. Implements will be impounded and taken to the ring by meet officials. You should check-in your implements no later than one hour prior to your event.

If you have any questions, please contact the UH Track Office at 713-743-9465 or e-mail to theresa.dunn@mail.uh.edu

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Meet Schedule

Saturday Field Events

9:00am	W/M	Hammer
	W/M	Javelin
10:00	W/M	Pole Vault
1:00	W/M	Shot Put
1:00	M	Long Jump (west pit)
	W	Long Jump (east pit)
3:00	M	Triple Jump (west pit)
	W	Triple Jump (east pit)
	W/M	High Jump
	W/M	Discus

Saturday Running Events

2:00	W	4x100m Relay
2:05	M	4x100m Relay
2:10	W	1500m
2:20	M	1500m
2:30	W	100m Hurdles
2:40	M	110m Hurdles
2:50	W	400m
3:00	M	400m
3:10	W	100m
3:20	M	100m
3:30	W	800m
3:40	M	800m
3:50	W	400m Hurdles
4:05	M	400m Hurdles
4:20	W	200m
4:30	M	200m
4:40	W	3000m
5:00	M	3000m
5:20	W	4x400m Relay
5:40	M	4x400m Relay