



Leonard Hilton Memorial Meet Information



- DATE:** Friday, January 18th, 2008
- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center 3100 Cullen Blvd., Houston, TX
- SCHEDULE:** See: <http://uhcougars.csvt.com/sports/c-track/hou-c-track.body.html>
- FACILITY:** Yeoman Field House has a flat 200 meter track with six lanes on the oval and eight lanes on the straightaway. The track and runway surfaces are Mondo Super-X. The 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 or at <http://uhcougars.csvt.com/sports/c-track/hou-c-track.body.html>. Please check back regularly for additional updates and information. This meet will be limited to 12 teams.
- ENTRY DEADLINE:** ENTRIES MUST BE RECEIVED BY TUESDAY JANUARY 15, 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
 - Two 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" and paid at packet pick up. Limited individual entries will be accepted. Individual athletes must contact UH coaching staff prior to the entry deadline.
- QUALIFYING PROCEDURE:** There will be qualifying heats in the 60m dash and the 60m hurdles, with the fastest advancing to the "A" final. The next eight will advance to a consolation "B" final. Seeded heats against time will run with the fastest heats first In other running events.
- SCORING:** This meet 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 will apply.
- PARTICIPANT ENTRY AND SEATING:** All team personnel (athletes, coaches, managers, trainers) must enter through the south entrance to the field house. Athletes not competing must sit in the Athlete seating on the sportcourt area.
- 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.

HEAT SHEET & RESULTS: Heat sheets will be posted online Thursday 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 from 9:30-12:00. Implements will be impounded and taken to the throws area by meet officials. Only soft-shelled indoor shots and weights may be used. Implements may be retrieved at 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.

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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.