

**Tom Tellez Invitational Track and Field Meet**  
**March 25-26, 2005**  
**Meet Information**

**DATE:** Friday and Saturday March 25-26, 2005

**SITE:** Carl Lewis/Tom Tellez International Track and Field Complex, University of Houston, 3100 Cullen Blvd., Houston, TX

**FACILITY:** Lewis/Tellez track has a flat, eight-lane, 400-meter oval with eight lanes on the straightaway and turn.

**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 will be limited in the 200 and 400 to 4 athletes per school. Entry deadline is Wednesday March 23rd.

**ENTRY FEE:** The entry fee is \$150 per team (\$300 for both men and women). Checks should be made payable to "University of Houston". You can pay when you arrive on Friday or Saturday. Open entries are 25.00 per event and they will be limited. No unattached high school entries will be accepted.

**MEET FORMAT:** In other running events, seeded heats will be run, if necessary, with the fastest heat first.

**SCORING:** This meet will be scored on a 10-8-6-4-2-1 basis, with a max of two scorers per school per event.

**RULES:** NCAA rules will apply. High School Federation rules for the high school events.

**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 back stretch.

**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 7:30 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](http://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.

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

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**Schedule of Events**

**Friday Running Events (Rolling Schedule if prelims are not required.)**

2:30 PM	3000M (girls/boys)	Final
3:00	4x100M (girls/boys)	Prelim
3:20	800M (girls/boys)	Prelim
3:30	100mH (girls)	Prelim
3:40	110mH (boys)	Prelim
3:50	100M (girls/boys)	Prelim
4:10	4x200M (girls/boys)	Final (heats against time)
4:30	400M (girls/boys)	Prelim
4:50	300mH (girls/boys)	Prelim
5:10	200M (girls/boys)	Prelim
5:30	3000M SC (women/men)	Final

**Friday Field Events**

11:00 AM	Javelin (women/men)	Final
2:30 PM	Pole Vault (girls/boys)	Final
2:30	Long Jump east pit (girls/women)	Final
2:30	Long Jump west pit (boys/men)	Final
2:30	Shot Put (girls/women W Ring)	Final
2:30	Shot Put (boys/men E Ring)	Final
3:30	High Jump (girls/boys)	Final

**Saturday Running Events**

12:00 noon	4x100M (girls/boys/women/men)	Final
12:20	1500M (girls/boys/women/men)	Final
12:50	100mH (girls/women)	Final
1:10	110mH (boys/men)	Final
1:30	400M (girls/boys/women/men)	Final
1:50	100M (girls/boys/women/men)	Final
2:10	800M (girls/boys/women/men)	Final
2:35	300mH (girls/boys)	Final
2:55	400mH (women/men)	Final
3:15	200M (girls/boys/women/men)	Final
3:35	5000M (women/men)	Final
4:15	4x400M (girls/boys/women/men)	Final (Heats against time)

**Saturday Field Events**

9:00 AM	Hammer (women/men)	Final
11:00	Discus (girls/women/boys/men)	Final
12:00 noon	Pole Vault (women/men)	Final
1:00	Triple Jump east pit (girls/women)	Final
1:00	Triple Jump west pit (boys/men)	Final
1:00	High Jump (women/men)	Final