

UH/RunSport Indoor All-Comers Meet
February 12, 2005

- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center
3100 Cullen Blvd., Houston, TX
- 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 www.flahsresults.com/flashtexas. Updated meet information will be posted at this site. Please check the Flash Results site often for adjustments to the schedule and revisions to the meet. Please put legitimate entry marks with your entry. All entries will no mark will be heated last.
ENTRIES MUST BE RECEIVED BY WEDNESDAY FEBRUARY 9th at 5:00 p.m.
- ENTRY FEE:** The entry fee is \$10 per athlete per event (a maximum of \$350 per team for Collegiate teams only). Relay entry will be \$20. Checks should be made payable to "University of Houston". You can pay when you arrive on the day of the meet. Teams will be charged according to entries. There will be no refunds on entry fee, and no refunds for scratched entries. Once the entries are closed the fee will be determined and final. If you fail to bring entered athletes to the meet, your fee will not be adjusted. Men's and Women's teams are separate. **(WE ARE NO LONGER DOING RACE DAY ENTRY)!** There will be no additions or changes on the 12th.
- MEET FORMAT:** There will be qualifying heats in the 60m dash and the 60m hurdles, with the eight fastest advancing to the final. In other running events, seeded heats will be run, if necessary, with the fastest heat first. They will be heated according to entry mark. Please be honest about your entries and use FAT marks. Hand timed entries will be adjusted. We reserve the right to not use blocks on slower heats if time requires.
- SCORING:** This will be a non-scored event.
- RULES:** With the exception of the field events NCAA rules will apply. In the horizontal jumps and throws each competitor will be given 2 jumps and throws to advance to the top 12. The 12 remaining competitors will be given 1 additional jump or throw to advance to the top 8. The 8 remaining competitors will be given 3 additional jumps or throws. In the vertical jumps each competitor will be given 2 misses at each height until the field is reduced to 12 competitors or less, at which time each competitor will be given 3 misses at each height.
- PARTICIPANT ENTRY:** All team personnel (athletes and coaches) should enter through the south side entrance to the field house. All others must enter through the front door of the Athletics/Alumni Center. Individual athletes will not be permitted to enter with a coach unless they can provide a USATF, UIL or other coaches credential. You will be asked to show this to the officials at the door. To purchase a coach's pass at the door will cost 5.00. Collegiate coaches with passes only will be allowed on the infield.
- SPECTATOR ENTRY:** Spectators should enter through the front door of the Athletics/Alumni Center. Admission is \$5.00. Spectator seating will be throughout the facility with standing room in the sport court area and along the south wall. Our facility does have a set capacity and once it is reached spectators will only be allowed in as people depart the facility. There will be no access to the balcony. This area is for University of Houston staff and working officials only.
- WARM-UP AREA:** General warm-up can be done outside (either on the outdoor track or grass field). Inside the field house, the SportCourt area at the end of the track can be used for stretching. Trainers can set up in this area or outside under the bleachers or on the outdoor track.
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. Athletes must provide race numbers or a wristband to the clerk of course. All athletes will receive a competing credential when they arrive at the facility. Wristbands and bib numbers will not be used for collegiate athletes. All field event athletes should check-in prior to the start of the first flight, or well in advance of the start of the competition. Once competition starts, no one will be accepted into the event that has not checked in. The starting heights will be determined during warm-up and progression will be aggressive. The starting heights will be determined according to the entries attempting to give everyone a chance to compete.

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 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

AWARDS: The Most Valuable Athlete for both boys and girls will be awarded a trophy at the conclusion of the meet. Additionally, the Most Valuable Athlete for both men and women among non-high school athletes will be given an award at the conclusion of the meet.

IMPLEMENTS: Implements will be certified in the hallway adjacent to the weight room from 7:00 to 9:00 a.m. Implements will be impounded and taken to the ring by meet officials. Only soft-shelled indoor shots and weights may be used. This is not a high school meet. This is an open meet and collegiate weight implements will be used as well as collegiate heights for the hurdles.

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

University of Houston Track & Field
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Bill Yeoman Field House,
UH Athletics/Alumni Center

ORDER OF EVENTS

Field Events

9:00	Men	Long Jump (Infield pit)	Trials & Final	12 advance
	Women	Long Jump (Infield pit)	Trials & Final	12 advance
	Men	Triple Jump (Infield pit)	Trials & Final	12 advance
	Women	Triple Jump (Infield pit)	Trials & Final	12 advance
9:00	Women	Shot Put	Trials & Final	12 advance
	Men	Shot Put	Trials & Final	12 advance
9:00	Women	Pole Vault	Final	
	Men	Pole Vault	Final	
11:00	Women	High Jump	Final	
	Men	High Jump	Final	

Field events will be contested in the groupings listed above with 20 minutes between events. Please check adjustment of rules for information on how the events will be run.

Running Events

11:00	Women	Distance Medley Relay	Final	
	Men	Distance Medley Relay	Final	
	Women	60m Hurdles	Heats	8 advance
	Men	60m Hurdles	Heats	8 advance
	Women	60m	Heats	8 advance
	Men	60m	Heats	8 advance
	Women	Mile	Final	
	Men	Mile	Final	
	Women	400m	Final	
	Men	400m	Final	
	Women	60m Hurdles	Final	
	Men	60m Hurdles	Final	
	Women	60m	Final	
	Men	60m	Final	
	Women	800m	Final	
	Men	800m	Final	
	Women	200m	Final	
	Men	200m	Final	
	Women	3000m	Final	
	Men	3000m	Final	
	Women	4x400m Relay	Final	
	Men	4x400m Relay	Final	

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Saturday, February 12, 2005
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University of Houston Athletics Alumni Center

Coaches, Officials and Competitors:

Once again it is my privilege to bring you the UH/RunSport All-Comers Indoor Meet. In directing all-comer events in the Houston area for the past 22 years, it has always been my intention to introduce track and field competition to Houston area runners in a fun and exciting format. Additionally, it has been my mission to provide an open competition for local elite talent in track and field, as well as for all those who wish to simply experience a track and field competition for the first time. I intend to continue to do this. As many of you are aware, we altered the format of the meet two years ago. We intend to continue this format as it proved we were able to run off a more concise meet that both coaches and athletes could benefit from. Please be advised that the field events have been altered with the mission of providing a competition to all individuals (an all-comer meet), and at the same time allow the elite competitors to receive maximum jumps and throws. If you have any questions or concerns regarding the format of this competition you can direct your questions to me at RunSport. My phone number is (713) 524-6662. I will be happy to address any concerns that you may have and I am open to suggestions in order to ensure the success of this event in the future. Please also be advised, as it is stated in the meet information, there is a set capacity to this facility. Most of the meets this indoor season have had to halt admission as some point and time during the meet. Please advise spectators to arrive early because once the facility reaches capacity spectators will be provided entry only as others depart.

Regards,
Jerry Fuqua
RunSport Inc.