



CARL LEWIS HIGH SCHOOL INDOOR INVITATIONAL MEET INFORMATION

- DATE:** Saturday, January 17th, 2009
- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center
3100 Cullen Blvd., Houston, TX 77204
- SCHEDULE:** See <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>
- FACILITY:** Yeoman Field House has a flat, six lane, 200-meter oval with an eight lane straightaway. The track and runways surfaces are Mondo Super-X. Throwing surfaces are plywood. Pole Vault will compete on a banked runway.
- PARTICIPANTS:** **This meet is open to High School Athletes only (9, 10, 11, 12 Grades).** Any athlete who is entered in the meet and is not in high school will not be allowed to compete and will not be refunded. If it is discovered that an athlete who is not in high school competed in the meet, that that athlete's performances will be disqualified. Meet Management reserve the right to bar any athlete, Club, Team, Organization, School, or Institution from participating in the Carl Lewis Invitational for any reason.
- ENTRY DEADLINE:** Entries will open 12:01am Thursday January 1, 2008 and remain open until 11:59 PM Tuesday, January 13, 2009. **ALL ENTRIES MUST BE RECEIVED BY TUESDAY, JANUARY 13, 2009 AT 11:59PM. NO LATE ENTRIES WILL BE ACCEPTED.** Updated meet information will be posted at the Flash Results Texas website: <http://www.flashresults.com/flashtexas> and at <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>.
- ENTRY PROCEDURE:**
- **Individuals/unattached relays teams:** Entries must be completed using the Direct Athletics website (www.directathletics.com). Once entries are completed payment is due. The entry fee charged will be calculated based on the number of athletes/relays and events entered. Entries and events may be changed/updated until the entry deadline at which point entries will be final and no changes can be allowed. Please do not enter anyone who does not intend to run because no refunds will be given.
 - **Club Teams:** Entries must be completed using the Direct Athletics website (www.directathletics.com). Once entries are completed payment is due. The entry fee charged will be calculated based on the number of athletes/relays and events entered. Entries and events may be changed/updated until the entry deadline at which point entries will be final and no changes can be allowed. Please do not enter anyone who does not intend to run because no refunds will be given.
 - **High School Teams:** Entries must be completed using the Direct Athletics website (www.directathletics.com). Entries may changed/updated your until the deadline at which point entries will be final and no changes will be allowed. The entry fee charged will be calculated based on the number of athletes/relays and events entered. High Schools may pay their entry fee at packet pickup Saturday Morning. Please do not enter anyone who does not intend to run because no refunds will be given.

ENTRY FEE: The entry fee is \$12.50 per athlete per event and \$25.00 per relay with a maximum of \$450.00 per high school or club team. Boys and girls teams/clubs are considered separate. (If club athletes are entering the meet independently, the maximum amount per team limit does not apply).

EVENT SEEDING: Events will be seeded by entry marks. Enter a mark from the previous season in metric or imperial measurements (outdoor distances and marks will be accepted and converted if necessary). Meet Management will make every effort to seed the events properly. We reserve the right to throw out any marks deemed unrealistic and will enter that athlete/relay team with no mark. Any athlete who is entered with no mark will be seeded at the bottom of the entry list; therefore, coaches and athletes must send in a true and accurate mark. All heating and seeding of events will be final once the heat sheets have been published. Heat sheets will be published Wednesday evening, January 14th, 2009.

QUALIFYING PROCEDURES:

- **60M-60H:** There will be qualifying heats in the 60m dash and the 60m hurdles. **Athletes will run without blocks in the qualifying heats.** The sixteen fastest times will advance to the semifinal by time. Eight athletes will advance to the final by time.
- **200m and 400m:** There will be qualifying heats in the 200m and 400m. Twelve athletes will advance to a two heat final. **Athletes will run without blocks in the preliminaries heats.**
- **4x400m relay: The 4X400m relay will be contested in unseeded and seeded sections.** The seeded section will be contested in the evening and will include the top 16 times. All times will be verified. All other teams will compete in the unseeded sections which will be contested in the morning. Please check online prior to arriving to the meet to verify what section your athletes will be competing in.
- **Mile: The mile will be contested in 2 sections, an Open section and an Invitational section.** The Invitational Mile will be limited to 12 athletes who will be selected based upon the entries received through direct athletics. All times will be verified. Please check online prior to arriving to the meet to verify what section your athlete(s) will be competing in.
- **All other running events:** Seeded heats against time with the fast heat first.
- **All field events:** Trials and finals

RULES: The National Federation of High Schools/ UIL rules will apply.

PARTICIPANT ENTRY AND SEATING:

- **Athletes:** Each athlete will be receive a wristband and competition number in their packets which will serve as their pass to enter and exit the field house, as well as proof that entry fees have been paid. Athletes must enter through the south entrance to the field house. Athletes not competing must sit in the athlete seating section located on the SportCourt area.
- **High School Coaches:** High school coaches who present a valid UIL coach's card will be given a coach's pass and must sit in athlete's seating on the sport court.
- **Clubs/High school teams:** Clubs/teams will receive 1 coach's pass for every 5 athletes entered into the meet, limited to 5 passes per organization.

SPECTATOR ENTRY: Spectators must enter through the front door of the Athletics/Alumni Center. Admission is \$8.00 for adults, \$5.00 for children (5-12). Children under 4 are free. Spectator seating is limited and available on a first come first serve basis.

Spectator reentry is allowed but will be limited to the facility's maximum capacity. Spectators may not bring outside food into the facility.

- WARM-UP AREA:** Athletes must warm-up outside (either on the outdoor track or grass field). In case of inclement weather, athletes will be permitted to warm up inside on the sport court and on the track at the discretion of meet management. Trainers must set up in the SportCourt. **SPIKES MAY NOT BE WORN ON THE SPORTCOURT!**
- CHECK-IN:** The clerk of the course will be located in call room one (the storage room adjacent to the door that leads to the outdoor track). Competitors must check-in 30 minutes prior to their event in call room one, at which point, athletes will receive their hip numbers, heat and lane assignments. Competitors must then remove all clothing and proceed to call room two where they will be organized into heats and sent to their respective starting line. Field event athletes must check in with the Head Official of their event 30 minutes prior to the start of their event. Pole Vault athletes must check in 90 minutes prior to their event for certification. Each pole-vaulter's coach must sign the certification form. **Athletes must present their wristband and competition number at check in or they will not be allowed to compete.**
- HEAT SHEET & RESULTS:** Heat sheets and results will be available on line. Heat sheets will be published the evening of Wednesday, January 14, 2009 at <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html> and <http://www.flashresults.com/flashtexas/>. Paper copies of heat sheets will be available at packet pick-up on meet day. Heat sheets will also be posted in the warm-up area. Results will be posted at the conclusion of each event on the windows of the Strength and Conditioning Center. Final results will be available to print on the websites listed above.
- AWARDS:** The most valuable athlete for both boys and girls in both running and field events will be awarded a trophy at the conclusion of the meet. The top 3 athletes and relay teams in each event will receive a medal.
- T-SHIRTS:** T-Shirts will be available for sale at the meet only. No advance orders will be taken.
- IMPLEMENTS:** Implements will be certified in the hallway adjacent to the weight room from 7:30 a.m.- 9:00 a.m. Implements will be impounded and taken to the ring by meet officials. **Only soft-shelled indoor shots may be used. Competitors are to bring their own implements for the throwing events. UH will provide a limited number of implements for use in the indoor shot only.** Participants may retrieve their implements following the conclusion of the event.

If you have any questions, please contact Ryan Turner at ryanturner@uh.edu or at 713-743-9465.



**UH/Carl Lewis High School Indoor Invitational
Saturday January 17th 2009
University of Houston Yeoman Field House
Meet Schedule**



Morning Session

Field Events:

| | | | | |
|-------|-------|------------|---------------|-----------|
| 10:00 | Girls | Long Jump | Trial & Final | 8 advance |
| 12:00 | Boys | Long Jump | Trial & Final | 8 advance |
| 10:00 | Boys | Shot Put | Trial & Final | 8 advance |
| 10:00 | Girls | Pole Vault | Final | |

Running Events

| | | | | |
|----------------|-------|------------------------|-------------|------------|
| 8:00 | Girls | 3000m | Final | |
| | Boys | 3000m | Final | |
| 9:00 (Rolling) | Girls | 200M | Preliminary | 12 advance |
| | Boys | 200M | Preliminary | 12 advance |
| | Girls | 400M | Preliminary | 12 advance |
| | Boys | 400M | Preliminary | 12 advance |
| | Girls | 60m Hurdles | Preliminary | 16 advance |
| | Boys | 60m Hurdles | Preliminary | 16 advance |
| | Girls | 60m Dash | Preliminary | 16 advance |
| | Boys | 60m Dash | Preliminary | 16 advance |
| | Girls | 4x400 Relay (Unseeded) | Final | Unseeded |
| | Boys | 4x400 Relay (Unseeded) | Final | Unseeded |

Afternoon Session

Field Events

| | | | | |
|-------|-------|-------------|----------------|-----------|
| 12:30 | Boys | High Jump | Final | |
| 2:30 | Girls | High Jump | Final | |
| 1:00 | Girls | Shot Put | Trial & Finals | 8 advance |
| 2:00 | Girls | Triple Jump | Trial & Finals | 8 advance |
| 3:30 | Boys | Triple Jump | Trial & Finals | 8 advance |
| 1:30 | Boys | Pole Vault | Final | |

Field Events

| | | | | |
|------|-------|--|------------|--------------|
| 2:00 | Girls | 4X200m Relay | Final | |
| 2:20 | Boys | 4X200m Relay | Final | |
| 2:40 | Girls | Distance Medley Relay | Final | |
| 3:00 | Boys | Distance Medley Relay | Final | |
| 3:25 | Girls | 60m Hurdles | Semi-Final | 8 advance |
| 3:35 | Boys | 60m Hurdles | Semi-Final | 8 advance |
| 3:45 | Girls | 60m Dash | Semi-Final | 8 advance |
| 3:50 | Boys | 60m Dash | Semi-Final | 8 advance |
| 4:00 | Girls | Open Mile | Final | |
| 4:30 | Boys | Open Mile | Final | |
| 5:00 | Girls | 400m | Final | 2 Heat Final |
| 5:10 | Boys | 400m | Final | 2 Heat Final |
| 5:20 | Girls | 60m Hurdles | Final | |
| 5:40 | Boys | 60m Hurdles | Final | |
| 5:50 | Girls | 60m Dash | Final | |
| 6:00 | Boys | 60m Dash | Final | |
| 6:10 | Girls | 800m | Final | |
| 6:40 | Boys | 800m | Final | |
| 7:10 | Girls | 200m | Final | 2 Heat final |
| 7:20 | Boys | 200m | Final | 2 Heat final |
| 7:30 | Girls | Invitational Mile (top 12 verified times) | Final | |
| 7:40 | Boys | Invitational Mile (top 12 verified times) | Final | |
| 7:50 | Girls | 4X400m Relay (Seeded – top 16 entered times) | Final | |
| 8:10 | Boys | 4X400m Relay (Seeded – top 16 entered times) | Final | |

MVP Awards will be given at the conclusion of the 4X400m Relay.

**University of Houston
Carl Lewis Invitational
Step by step Entry Instructions**

Step 1: Examine the entry information and the schedule.

Step 2: **Set up an account with direct athletics.**

- You must have a direct athletics to register and enter. You may set up an account with direct athletics by going to their website www.directathletics.com.
- You may use your existing account if you have one.
- If you have an existing account and have forgotten your user name or password. Then click on forgot user name or password.
- If you do not have an account for your team you must create an account. You must go to the direct athletics website at www.directathletics.com and click on "New user? Click here." Follow the instructions to create an account and submit entries. This process will take some time (a minimum of one day) so plan accordingly or you may miss the entry deadline.

Step 3- **Enter your athletes at www.directathletics.com.**

- Go to www.directathletics.com. Use the password and username that you just created to submit your entries.
- You may sign in and make changes as often as you desire up to the entry deadline. However, there is no scratch/add policy after the entry deadline. **NO LATE ENTRIES WILL BE ACCEPTED AFTER THE ENTRY DEADLINE. ALL ENTRIES ARE FINAL AFTER THE ENTRY DEADLINE.**
- The entry deadline is **Wednesday, January 14, 2009 at 11:59 PM.**

Step 4- **Make Your Payment.**

- After you have submitted and updated your entries you must make payment with direct athletics to confirm and finalize your entries.
- **Unattached Individuals, unattached relay teams and clubs must pay their entry fees in full by the entry deadline to Direct Athletics via the Direct Athletics website with a credit or debit card.** High Schools (Competing Officially) will pay their entry fee at packet pickup.

Step 5- **Check Your Entries.**

- On Wednesday, January 14, 2009 heat sheets will be posted on our website at <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>.