

Carl Lewis High School Indoor Invitational
January 22, 2005
Meet Information

- DATE:** Saturday, January 22, 2005
- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center
3100 Cullen Blvd., Houston, TX
- SCHEDULE:** See Attached
- 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 <http://www.flashresults.com/flashtexas/> Updated meet information will be posted at this site. You must enter by Wednesday January 18, 2005
- ENTRY FEE:** The entry fee is \$10 per athlete per event. Checks should be made payable to "University of Houston". You can pay when you arrive on the day of the meet.
- 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.
- SCORING:** This will be a non-scored event.
- RULES:** The National Federation of High Schools/UIL rules will apply.
- 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 be permitted to enter with one coach only.
- SPECTATOR ENTRY:** Spectators should enter through the front door of the Athletics/Alumni Center. Admission is \$5.00
- WARM-UP AREA:** General warm-up can be done outside (either on the outdoor track or grass field), if weather permits. Inside the field house, the SportCourt area at the end of the track can be used for stretching. Trainers should set up in this area. **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.
- 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 in both running and field events will be awarded a trophy at the conclusion of the meet. Top 3 in each event get medals.
- IMPLEMENTS:** Implements will be certified in the hallway adjacent to the weight room from 7:30 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.**

If you have any questions, please contact the UH Track Office at 713-743-9465 or e-mail to theresa.dunn@mail.uh.edu
THE UH/RUNSPORT ALL-COMERS MEET WILL BE SATURDAY, FEBRUARY 12

University of Houston Track & Field
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Meet Schedule

Field Events

9:00	Boys	Long Jump	Trials & Final	8 advance
	Girls	Long Jump	Trials & Final	8 advance
	Boys	Triple Jump	Trials & Final	8 advance
	Girls	Triple Jump	Trials & Final	8 advance
10:00	Girls	Shot Put	Trials & Final	8 advance
	Boys	Shot Put	Trials & Final	8 advance
10:00	Girls	Pole Vault	Final	
	Boys	Pole Vault	Final	
12:30	Boys	High Jump	Final	
	Girls	High Jump	Final	

Running Events

11:00	Girls	4x200m Relay	Final	12 teams only
11:20	Boys	4x200m Relay	Final	12 teams only
11:35	Girls	Distance Medley Relay	Final	
11:50	Boys	Distance Medley Relay	Final	
12:05	Girls	60m Hurdles	Heats	8 advance
12:25	Boys	60m Hurdles	Heats	8 advance
12:50	Girls	60m	Heats	8 advance
1:20	Boys	60m	Heats	8 advance
1:40	Girls	Mile	Final	
2:00	Boys	Mile	Final	
2:20	Girls	400m	Final	
3:10	Boys	400m	Final	
4:00	Girls	60m Hurdles	Final	
4:05	Boys	60m Hurdles	Final	
4:10	Girls	60m	Final	
4:15	Boys	60m	Final	
4:20	Girls	800m	Final	
4:40	Boys	800m	Final	
5:00	Girls	200m	Final	
5:50	Boys	200m	Final	
6:40	Girls	3000m	Final	
7:00	Boys	3000m	Final	
7:20	Girls	4x400m Relay	Final	
7:40	Boys	4x400m Relay	Final	

*MVP Awards will be given at the conclusion of the 4x400 Relay
We will only use the infield pit for the jumps*