

**TCU**  
*Proudly Hosts the:*  
**TCU INVITATIONAL**  
University Division: March 15-16, 2012  
High School Division: March 17, 2012  
LOWDEN TRACK & FIELD COMPLEX

**MEET SITE**

The meet will be held at the newly resurfaced Lowden Track Complex on TCU's campus. The track is a Benyon surface with 9 lanes 48" in width with all field events contained within the complex. (1/4" pyramid restrictions on spikes)

**SCORING**

This will be a non-scored competition. **Unattached athletes will not be permitted in the meet unless they are associated with a participating team. No unattached high school entries will be permitted!**

**ENTRIES**

Entries must be received **no later than 5 PM Monday, March 12, 2012. No exceptions.** **For High Schools: Due to our proposed time schedule, and in an effort to ensure a timely and efficient competition, meet management reserves the right to make the following adjustments in the conduct of the competition: entry limitations: Three entries in running events and 2 entries per field event per team. With a maximum of 30 athletes per event in the field events. We will also have progressive starting heights, and minimum measurements.**

**Entries will be done on Direct Athletics ([www.directathletics.com](http://www.directathletics.com)) and will be open for entries by February 2, 2012. \*\*\*Please enter accurate marks.**

**QUALIFYING PROCEDURES**

Running events – Placing will be determined in heats against time. Runners will be placed in heats according to seed times.

Field Events – nine advance to finals.

**SPECIAL MEET RULES**

**Please remind your athletes of this policy.**

\*No radios or portable stereos or IPODS will be allowed in the Lowden Track Complex.

\*Coaches are asked to remain off of the track and infield. A coaching area will be provided for field events.

\*No umbrellas, tents, or tarps are allowed in the stands. Team tents should be placed in the grass area on the west side of the track.

**WARM-UP AREA**

Warm-up will be allowed in the grass area to the north and west of the track as well on the backstretch of the track when races permit. Hurdles will be made available in these areas. The track will be open for approximately 45 minutes prior to the meet for relay warm-ups, etc.

## **PACKET PICK-UP**

Coaches may pick up their packets at the track complex starting at 8:00am Saturday morning.

## **ENTRY FEE**

**College/University Teams: An entry fee of \$300 per team will be charged.**

**High School Teams: \$200 per team and are limited to THREE entries per running event and two per field event. Men and women are separate teams.** Unattached athletes (COLLEGE ONLY) are \$20, and they must be associated with the participating team..

Make checks payable to: *TCU Track & Field, TCU Box 297600, 3504 Pond Street, Fort Worth, TX 76129*

## **HEAT SHEETS**

Heat sheets will be provided in each team's packet and on [www.gofrogs.com](http://www.gofrogs.com). The final accepted list of entries will be posted as early as Tuesday prior to the meet on the website.

## **RESULTS**

Results will be posted online at [www.gofrogs.com](http://www.gofrogs.com)

Results during the meet will be posted on the results board, which is located behind the west side stands.

## **ATHLETE CHECK-IN**

Running event athletes must check-in thirty minutes prior to their scheduled event at the clerking area located at the northwest corner of the track (Under the scoreboard). Field event athletes must check-in thirty minutes prior to the start of their event at the event site.

## **IMPLEMENT WEIGH-IN**

**High School:** Will weigh in at shot put ring from 9am-9:30am..

**University:** Will take place 90 minutes prior to event start. This will be done in the building at the northwest corner of the complex. Any implements not weighed in by this time will not be allowed in the competition. Implements will be impounded and brought to the event site by event officials.

## **DRESSING AREA**

None available

## **TRAINING AREA**

Trainers should set up on the west side of the track in the designated area.

## **TIME SCHEDULE**

**For High School Division:** The meet will follow a rolling time schedule based on the number of participants. Start times are estimates; we will run ahead of schedule if possible.

**University Division:**

An order of events with start times is provided, but final time schedule will be provided **after** entries are submitted on website. [www.gofrogs.com](http://www.gofrogs.com)

## **ADMISSION**

**\$3 for students and \$5 for adults. All coaches and meet participants will wear wristband provided in packet**

**TCU INVITATIONAL  
HIGH SCHOOL  
ESTIMATED Time Schedule  
UPDATED 09/01/2011  
THERE WILL BE A ROLLING TIME SCHEDULE.  
TIMES ARE ESTIMATES, WE WILL RUN AHEAD IF POSSIBLE.**

***RUNNING EVENTS***

<b>SATURDAY</b>	<b>MARCH 17, 2012</b>		<b>RUNNING EVENTS</b>
11:00 AM	4x100 RELAY	HS GIRLS	HEATS BY TIME
11:20AM	4x100 RELAY	HS BOYS	HEATS BY TIME
11:40 PM	800M	HS GIRLS	HEATS BY TIME
12:05 PM	800M	HS BOYS	HEATS BY TIME
12:35 PM	100M HURDLES	HS GIRLS	HEATS BY TIME
1:00PM	110M HIGH HURDLES	HS BOYS	HEATS BY TIME
1:25 PM	400M	HS GIRLS	HEATS BY TIME
1:55 PM	400M	HS BOYS	HEATS BY TIME
2:25 PM	100M	HS GIRLS	HEATS BY TIME
2:55PM	100M	HS BOYS	HEATS BY TIME
3:25 PM	1600M	HS	GIRLS FINAL
3:55 PM	1600M	HS	BOYS FINAL
4:20 PM	200M	HS GIRLS	HEATS BY TIME
4:55 PM	200M	HS BOYS	HEATS BY TIME
5:25 PM	4x400M RELAY	HS GIRLS	HEATS BY TIME
5:55 PM	4x400M RELAY	HS BOYS	HEATS BY TIME

***FIELD EVENTS***

<b>SATURDAY</b>	<b>MARCH 17, 2012</b>	<b>FIELD EVENTS</b>
10:00 AM	HS GIRL'S AND BOY'S LONG JUMP	
10:00 AM	GIRLS AND BOYS HS SHOT	

**TCU INVITATIONAL**  
**March 15-16<sup>TH</sup> 2012**  
*Tentative Schedule*  
**REVISED 9/16/2011**

**The meet will run on a set time schedule. Start times will be determined according to entries received. This schedule represents the order and start time that will be used.**

**THURSDAY, MARCH 15<sup>TH</sup>**

<b>3:00PM</b>	<b>HAMMER THROW</b>	<b>WOMEN, MEN TO FOLLOW</b>
<b>(Following Hammer)</b>	<b>JAVELIN</b>	<b>WOMEN, MEN TO FOLLOW</b>

**FRIDAY, MARCH 16, 2012**

**RUNNING EVENT**

1:00 PM	400M RELAY	WOMEN	FINAL
1:10 PM	400M RELAY	MEN	FINAL
1:20 PM	1500M RUN	WOMEN	HEATS BY TIME
1:30 PM	1500M RUN	MEN	HEATS BY TIME
1:45 PM	100M HURDLES	WOMEN	HEATS BY TIME
1:55 PM	110M HURDLES	MEN	HEATS BY TIME
2:05 PM	400M DASH	WOMEN	HEATS BY TIME
2:15 PM	400M DASH	MEN	HEATS BY TIME
2:30 PM	100M DASH	WOMEN	HEATS BY TIME
2:40 PM	100M DASH	MEN	HEATS BY TIME
2:50 PM	800M RUN	WOMEN	HEATS BY TIME
3:00PM	800M RUN	MEN	HEATS BY TIME
3:15 PM	400M HURDLES	WOMEN	HEATS BY TIME
3:25 PM	400M HURDLES	MEN	HEATS BY TIME
3:35 PM	200M DASH	WOMEN	HEATS BY TIME
3:55 PM	200M DASH	MEN	HEATS BY TIME
4:10 PM	3000M RUN	WOMEN	FINAL
4:35 PM	3000M RUN	MEN	FINAL
4:45 PM	1600M RELAY	WOMEN	HEATS BY TIME
4:55 PM	1600M RELAY	MEN	HEATS BY TIME

**FIELD EVENTS**

11:30 AM	WOMEN'S HJ ,MEN TO FOLLOW
10:30AM	WOMENS DISCUS, MEN TO FOLLOW
2:00 PM	WOMEN'S PV, MEN TO FOLLOW
2:00 PM	WOMEN'S SHOT, MEN TO FOLLOW
2:00 PM	MEN'S LONG JUMP, TRIPLE JUMP TO FOLLOW (West Pit)
2:00 PM	WOMEN'S LONG JUMP, TRIPLE JUMP TO FOLLOW (East Pit)

## HOTEL INFORMATION



### **Radisson Hotel**

100 Alta Mesa Blvd, Ft. Worth, TX  
Contact: Kathy Rubin at 817-759-4637 or  
[kathy.rubin@prismhotels.com](mailto:kathy.rubin@prismhotels.com)  
Restaurant serves breakfast, lunch, and dinner  
Sleep Number Beds, Indoor Pool/Jacuzzi, Off IH-35



### **Marriott Courtyard University**

3150 Riverfront  
Drive, Ft. Worth, TX  
Contact: Marty Smith at 817-665-1996 or  
[marty.smith@marriott.com](mailto:marty.smith@marriott.com)  
Casual Restaurant that serves breakfast only  
Restaurants & shopping within walking distance  
1.0 miles from TCU  
2.0



### **Marriott Spring Hill Suites University**

3250 Lovell  
Ave. Ft. Worth, TX  
Contact: Marty Smith at 817-665-1996 or  
[marty.smith@marriott.com](mailto:marty.smith@marriott.com)  
Complimentary Breakfast included in Rates  
Restaurants & Shopping within 2 blocks of hotel  
1.2 miles from TCU



### **Marriott Residence Inn University**

1701S.University  
Drive, Ft. Worth, TX  
Contact: Marty Smith at 817-665-1996 or [marty.smith@marriott.com](mailto:marty.smith@marriott.com)  
Complimentary breakfast buffet included in rates  
Restaurants and Shopping within walking distance  
1.0 miles from TCU

**Hyatt Place Fort Worth – Cityview** 5900 Cityview Blvd., Ft. Worth, TX  
Contact: Darren Bryan at 817-361-9797 x160  
Complimentary breakfast buffet included in rates  
Restaurants and Shopping within walking distance  
5.0 miles from TCU

**FURTHER INFORMATION:** For further information, please contact Coach Shawn Winget in the TCU Track Office at 817-257-7324 or [s.winget@tcu.edu](mailto:s.winget@tcu.edu)