

TCU
Proudly Hosts the
HORNED FROG INVITATIONAL
LOWDEN TRACK & FIELD COMPLEX
MARCH 19-20, 2010

MEET SITE

The meet will be held at the Lowden Track Complex on TCU's campus. The track is a solid pour Rekortan surface with 9 lanes 48" in width with all field events within the complex. (.7" 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 5pm Monday, March 15, 2010. No exceptions.** Due to the limitations of our facility and 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 (specifically in the pole vault and discus), progressive starting heights, minimum measurements.

Entries will be done on Direct Athletics (www.directathletics.com) and will be open for entries in February.

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

1. No radios or portable stereos will be allowed in the Lowden Track Complex. Please remind your athletes of this policy. (Walkman-type radios are allowed)
2. Coaches are asked to remain off of the track and infield. A coaching area will be provided for field events.
3. 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. After that time, the track will be closed to all warm-ups.

PACKET PICK-UP

Coaches may pick up their packets at the track complex between 3pm-5pm Friday and prior to the meet Saturday morning.

ENTRY FEE

College/University Teams: An entry fee of \$300 per team will be charged. Men and women are separate teams. High School Teams: \$100 per team and are limited to THREE entries per event. Unattached athletes (**COLLEGE ONLY**) are \$20, and they must be associated with the participating team. If the team number is fewer than five, the fee will be \$20 per athlete. Make checks payable to *TCU Track & Field, TCU Box 297600, 2900 Stadium Dr., Rm 101, Fort Worth, TX 76129*

HEAT SHEETS

Heat sheets will be provided in each team's packet and on www.gofrogs.com and a final accept list of entries will be posted as early as Tuesday prior to the meet on the website.

RESULTS

Results will be online at www.gofrogs.com

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. Field event athletes must check-in thirty minutes prior to the start of their event at the event site.

IMPLEMENT WEIGH-IN

Implement weigh-in will be 9:00AM – 12:00PM. (**Discus and Hammer: one hour prior to event Friday**) 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

The meet will follow a set time schedule (Not Rolling), based on the number of participants. An order of events with start times is provided, but final time schedule will be provided **after** entries are submitted. We will run ahead of schedule if we can due to the larger size this year.

HORNED FROG INVITATIONAL
Tentative Time Schedule

FRIDAY

MARCH 19, 2010

FIELD EVENTS

4:30 PM COLLEGE DISCUS (WOMEN, MEN)
TO FOLLOW COLLEGE HAMMER (WOMEN, MEN)

SATURDAY

MARCH 21, 2010

RUNNING EVENTS

11:00 AM	1500M	WOMEN	FINAL
11:10 AM	1500M	MEN	FINAL
11:20 AM	4x100 RELAY	HS GIRLS	HEATS BY TIME
11:30 AM	4x100 RELAY	HS BOYS	HEATS BY TIME
11:40 AM	4x100 RELAY	WOMEN	HEATS BY TIME
11:45 AM	4x100 RELAY	MEN	HEATS BY TIME
11:50 AM	800M	HS GIRLS	HEATS BY TIME
12:05 PM	800M	HS BOYS	HEATS BY TIME
12:20 PM	800M	WOMEN	HEATS BY TIME
12:25 PM	800M	MEN	HEATS BY TIME
12:40 PM	100M HURDLES	HS GIRLS	HEATS BY TIME
1:05 PM	100M HURDLES	WOMEN	HEATS BY TIME
1:20 PM	110M HIGH HURDLES	HS BOYS	HEATS BY TIME
1:40 PM	110M HIGH HURDLES	MEN	HEATS BY TIME
1:55 PM	400M	HS GIRLS	HEATS BY TIME
2:15 PM	400M	HS BOYS	HEATS BY TIME
2:30 PM	400M	WOMEN	HEATS BY TIME
2:45 PM	400M	MEN	HEATS BY TIME
2:55 PM	100M	HS GIRLS	HEATS BY TIME
3:10 PM	100M	HS BOYS	HEATS BY TIME
3:25 PM	100M	WOMEN	HEATS BY TIME
3:30 PM	100M	MEN	HEATS BY TIME
3:35 PM	1600M	HS	GIRLS FINAL
3:55 PM	1600M	HS	BOYS FINAL
4:15 PM	400M HURDLES	WOMEN	HEATS BY TIME
4:25 PM	400M HURDLES	MEN	HEATS BY TIME
4:35 PM	200M	HS GIRLS	HEATS BY TIME
4:50 PM	200M	HS BOYS	HEATS BY TIME
5:05 PM	200M	WOMEN	HEATS BY TIME
5:15 PM	200M	MEN	HEATS BY TIME
5:25 PM	3000M	WOMEN	FINAL
5:40 PM	3000M	MEN	FINAL
5:50 PM	4x400M RELAY	HS GIRLS	HEATS BY TIME
6:05 PM	4x400M RELAY	HS BOYS	HEATS BY TIME
6:20 PM	4x400M RELAY	WOMEN	HEATS BY TIME
6:25 PM	4x400M RELAY	MEN	HEATS BY TIME

SATURDAY

MARCH 20, 2010

FIELD EVENTS

10:00 AM	HS GIRL'S INVITATIONAL HIGH JUMP (5' STARTING HEIGHT)
10:00 AM	HS GIRL'S AND BOY'S LONG JUMP
10:00 AM	HS SHOT PUT (GIRLS, FOLLOWED BY BOYS)
10:00 AM	HS PV (GIRL'S INVITE ONLY)
11:30 PM	JAVELIN (WOMEN, MEN TO FOLLOW)
2:30 PM	HIGH JUMP (WOMEN, FOLLOWED BY MEN)
12:30 PM	POLE VAULT (WOMEN, MEN TO FOLLOW)
1:00 PM	MEN'S LONG JUMP (WEST PIT), WOMEN'S LONG JUMP (EAST PIT)
	TRIPLE JUMPS TO FOLLOW
1:30 PM	SHOT PUT (WOMEN, FOLLOWED BY MEN)

HOTEL INFORMATION



Radisson Hotel

100 Alta Mesa Blvd, Ft. Worth, TX
Contact: Kathy Rubin at 817-759-4637 or
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
Casual Restaurant that serves breakfast only
Restaurants & shopping within walking distance
1.0 miles from TCU



Marriott Spring Hill Suites University 3250 Lovell Ave. Ft. Worth, TX

Contact: Marty Smith at 817-665-1996 or
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
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 Nic Petersen in the TCU Track Office at 817-257-5583 or n.petersen@tcu.edu