



CARL LEWIS HIGH SCHOOL INVITATIONAL MEET INFORMATION

DATE: January 17-18, 2020

SITE: Yeoman Fieldhouse, University of Houston Athletics/Alumni Center
3204 Cullen Blvd., Houston, TX 77204

SCHEDULE: Page 6

FACILITY: Yeoman Fieldhouse has a six-lane, 200-meter banked oval and eight-lane straightaway for 60-meter hurdles and sprints. The facility also includes two horizontal jump runways with sand pits and two pole vault runways, boxes and pits.

ENTRY PROCEDURE: Entries must be completed using the Direct Athletics website www.directathletics.com. Updated meet information will be posted at <http://www.uhcougars.com/sports/c-track/home-meet-info.html>. Please check back regularly for additional updates and information.

ENTRY DEADLINE: Entries will be open on Tuesday, December 3, 2019 and remain open until 8 p.m. on Monday January 13, 2020. All entries must be received by Monday January 13, 2020 at 8 p.m. NO LATE ENTRIES WILL BE ACCEPTED.

UPDATED MEET INFORMATION WILL BE POSTED AT

<https://uhcougars.com/sports/2018/6/12/sports-c-track-home-meet-info-html.aspx?path=track>

ENTRY FEE: The entry fee is \$20 per individual event and \$30 per relay. Boys and girls teams/clubs are considered separate. At least one coach wristband must be

purchased per team, per gender. Coaches' wristbands are \$20 and grant access to the warm-up area and athlete seating in the venue. A maximum of **FIVE** coaches' wristbands may be purchased per team, per gender. Coaches' wristbands are NOT supplied with team entries.

NOTE: Entry fees cover the cost timing crews, officials, trainers, awards and facilities use.

ENTRY 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 cancel any marks deemed unrealistic and will enter that athlete/team without a mark. Any athlete who is entered with no marks 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 as soon as they become available. Heat sheets will be available online no later than Friday January 16, 2020 no later than 5 p.m.

QUALIFYING PROCEDURES:

60M-60MH: There will be qualifying heats in the 60M dash and the 60MH. Athletes will run with 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 & 400M: There will be qualifying heats in the 200M and 400M. Twelve athletes will advance to the final by time. **Athletes will run without blocks in the preliminary heats.**

4x400M Relay: The 4x400-meter 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.

800M: The 800-meter will be contested in two sections, an early section and a seeded section. The seeded section will be limited to 18 athletes who will be selected based upon the entries received through DirectAthletics. 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 fastest heat first.

ALL FIELD EVENTS: Trials and finals.

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

PARTICIPANT ENTRY & SEATING:

Athletes: Each athlete will 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 fieldhouse. Athletes not competing must sit in the athlete seating area located on the sportcourt.

SPECTATOR ENTRY: Spectators must enter through the front door of the Athletics/Alumni Center. Admission is \$8 for adults, \$5 for children (ages 3-17). Children under 2 are free but must sit in the lap of a parent or guardian and may not occupy a seat or obstruct the sight lines of other guests. Admission for Faculty/Staff and H Association members is \$3, as well as tickets for groups of 10+.

University of Houston students receive FREE admission to regular season track and field events. Each student must present a valid Cougar Card at the entrance for admission. Tickets are NOT needed for admittance, just show your Cougar Card, and is based on a first-come, first serve basis, so seating is based on availability. Student Cougar Card is not valid for free admission to non-UH events including the Carl Lewis High School Invitational and the Joe DeLoach Youth Invitational among others.

Spectator seating is limited and available on a first come first serve basis. Spectator re-entry is allowed but will be limited to the facility's maximum capacity. Spectators may not bring outside food into the facility.

OFFICE HOURS: The ticket office will be open 90 minutes prior to the first event and will remain open until the end of the 200-meter events.

PARKING: TBA

WARM-UP AREA: Athletes should warm up outside (either on the track or the grass field). In the event of inclement weather, athletes will be permitted to warm-up inside the field house at the discretion of the meet management. Visiting team trainers should set up in the Sport Court.
SPIKES MAY NOT BE WORN ON THE SPORT COURT.

CHECK-IN:The clerk of the course is located in call room one(the storage room adjacent to the door that leads to the outdoor track) Athletes in running events must check in 30 minutes before their event and will receive their hop numbers, heat and lane assignments. They will then be sent to the starting line. Field Event athletes must check in at their respective event area 30 minutes before their events. Pole vault athletes must check in 90 minutes prior to the event for certification. Each pole vault coach must sign the certification form. Athletes must present wristband and competition number at check in or they will not be allowed to compete.

**** ALL SPIKES MUST BE QUARTER-INCH PYRAMID SPIKES****

HEAT SHEET & RESULTS: Heat sheets will be posted online no later than Friday, January 16, 2020. Paper copies of heat sheets will be available at packet pick-up on meet day for \$3. Heat sheets will also be posted in the warm-up area. Results will be posted on our home meet website:

<http://www.uhcougars.com/sports/c-track/home-meet-info.html>

www.flashresults.com/flashtexas

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 Cougar Hall, across from the Clerk of the Course from 9:30-12 p.m. Implements will be impounded and taken to the ring by meet officials. Only soft-shelled indoor shot and weights may be used. Implements may be collected at the conclusion of the event.

If you have any questions, please contact Steve Magness at sjmagnes@central.uh.edu

IMPORTANT DATES

DEC. 3, 2019: 12:01 AM – Registration opens at www.directathletics.com

JAN. 13, 2020: 8:00 AM – Registration closes at www.directathletics.com

JAN. 16, 2020: 5:00 PM – Heat Sheets posted at www.uhcougars.com/sports/c-track/home-meet-info.html

FRIDAY FIELD EVENTS:

7:00 PM		BOYS	HIGH JUMP (OPENING HEIGHT 5'8")	FINAL	
		GIRLS	HIGH JUMP (OPENING HEIGHT 4'10")	FINAL	
		GIRLS	SHOT PUT	TRIALS & FINALS	8 ADVANCE
		BOYS	SHOT PUT	TRIALS & FINALS	8 ADVANCE

THE BOYS SHOT PUT WILL FOLLOW 30 MINUTES AFTER COMPLETION OF THE GIRLS SHOT PUT

FRIDAY RUNNING EVENTS (ROLLING SCHEDULE):

6:00 PM	NO BLOCKS	GIRLS	200M	PRELIMINARY	12 ADVANCE
	NO BLOCKS	BOYS	200M	PRELIMINARY	12 ADVANCE
	NO BLOCKS	GIRLS	400M	PRELIMINARY	12 ADVANCE
	NO BLOCKS	BOYS	400M	PRELIMINARY	12 ADVANCE

SATURDAY FIELD EVENTS:

10:00 AM		GIRLS	POLE VAULT (OPENING HEIGHT 7'6")	FINAL	
		BOYS	POLE VAULT (OPENING HEIGHT 10'0")	FINAL	
		GIRLS	LONG JUMP	TRIALS & FINAL	8 ADVANCE
		BOYS	LONG JUMP	TRIALS & FINAL	8 ADVANCE
		GIRLS	TRIPLE JUMP	TRIALS & FINALS	8 ADVANCE
		BOYS	TRIPLE JUMP	TRIALS & FINALS	8 ADVANCE

SATURDAY RUNNING EVENTS

(ROLLING SCHEDULE)(START TIMES ARE ONLY A GUIDE; IF AN EVENT CAN START EARLY IT WILL, PLEASE PLAN ACCORDLYING:

10:30 AM		GIRLS	800M (EARLY SECTION)	FINAL	
		BOYS	800M (EARLY SECTION)	FINAL	
		GIRLS	60M HURDLES	PRELIMINARY	16 ADVANCE
		BOYS	60M HURDLES	PRELIMINARY	16 ADVANCE
		GIRLS	60M DASH	PRELIMINARY	32 ADVANCE
		BOYS	60M DASH	PRELIMINARY	32 ADVANCE
		GIRLS	4X400 RELAY (UNSEDED)	FINAL	UNSEDED
		BOYS	4X400 RELAY (UNSEDED)	FINAL	UNSEDED
		GIRLS	4X200M RELAY	FINAL	
2:00 PM		BOYS	4X200M RELAY	FINAL	
		GIRLS	4X800M RELAY	FINAL	
		BOYS	4X800M RELAY	FINAL	
		GIRLS	60M HURDLES	SEMI-FINAL	8 ADVANCE
		BOYS	60M HURDLES	SEMI-FINAL	8 ADVANCE
		GIRLS	60M DASH	SEMI-FINAL	8 ADVANCE
		BOYS	60M DASH	SEMI-FINAL	8 ADVANCE
		GIRLS	MILE	FINAL	
		BOYS	MILE	FINAL	
		GIRLS	400M	FINAL	3 HEAT FINAL
		BOYS	400M	FINAL	3 HEAT FINAL
		GIRLS	60M HURDLES	FINAL	
		BOYS	60M HURDLES	FINAL	
		GIRLS	60M DASH	FINAL	
		BOYS	60M DASH	FINAL	
		GIRLS	800M (SEDED SECTION-TOP 18 ENTERED)	FINAL	2 HEAT FINAL
		BOYS	800M (SEDED SECTON-TOP 18 ENTERED)	FINAL	2 HEAT FINAL
		GIRLS	200M	FINAL	3 HEAT FINAL
		BOYS	200M	FINAL	3 HEAT FINAL
		GIRLS	3000M	FINAL	
		BOYS	3000M	FINAL	
		GIRLS	4X400M RELAY (SEDED-TOP 16 ENTERED)	FINAL	
7:45 PM		BOYS	4X400M RELAY (SEDED-TOP 16 ENTERED)	FINAL	

****ATHLETE OF THE MEET AWARDS WILL BE GIVEN AT THE CONCLUSION OF THE 4X400M RELAY.**

STEP BY STEP ENTRY INSTRUCTIONS

STEP 1: Examine the entry form and schedule

STEP 2: Set-up an account with Direct Athletics

- You must have Direct Athletics account to register and enter
- You may use an existing account if you have one.
- If you have an account and have forgotten your password or username, click on the forgot username/password and follow prompts.
- If you don't have an account create one and click on the "New user? Click Here" and follow prompts.

STEP 3: Enter athletes at www.directathletics.com

- You may sign in and make changes as often as you desire up to entry deadline

NO LATE ENTRIES WILL BE ACCEPTED AFTER ENTRY DEADLINE. ALL ENTRIES ARE FINAL AFTER ENTRY DEADLINE.

ENTRY DEADLINE IS MONDAY, JANUARY 7, 2019 AT 3 P.M.

STEP 4: Make your payment

- Payment must be made through Direct Athletics to confirm and finalize your entries.
- **Unattached individuals, unattached relay teams and clubs MUST pay entry fees in full by the entry deadline to Direct Athletics via the Direct Athletics website with Credit or Debit card.** High Schools competing officially will pay their entry fee at packet pick-up.

STEP 5: Check your entries.

- Heat Sheets will be published as soon as they become available and no later than Friday, January 11, 2020 by 5 p.m.