

**Joe DeLoach Youth Invitational Track Meet**  
**The University of Houston**  
**Yeoman Field House**

**DATE:** Sunday, January 19th, 2020

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

**SCHEDULE:** See Page 4

**FACILITY:** Yeoman Field House has a banked, six lane, 200-meter oval with an eight lane straightaway down the center of the track with dual pole vault and jumps runways. The track and runways surfaces are FasTrax. Throwing surfaces are plywood.

**PARTICIPANTS:** This meet is open to 8th grade and under athletes ONLY. Athletes must be at least seven (7) years of age by Dec. 31 of the current year to compete (2020). The age groups would compete as followed: 7-8; 9-10; 11-12; 13-15. Any person, other than youth aged athletes, who enters this meet will not be allowed to compete and will not receive a refund.

**ENTRY DEADLINE:** Entries will open 12:01AM Friday, December 20, 2019 and remain open until 5:00 PM p.m. on Friday January 17, 2020. ALL ENTRIES MUST BE RECEIVED BY FRIDAY, JANUARY 17, 2020 AT 5 p.m. NO LATE ENTRIES WILL BE ACCEPTED. Updated meet information will be posted at:

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

**ENTRY PROCEDURE:**

- Individuals/unattached relays teams: Entries must be completed using the Coach O website ([www.coacho.com](http://www.coacho.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 that does not intend to compete because no refunds will be given. All athletes that have not paid their entry fee by the deadline will be scratched from the meet.
- Club Teams: Entries must be completed using the Coach O website ([www.coacho.com](http://www.coacho.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. Please do not enter anyone who does not intend to run because no refunds will be given. All Clubs that have not paid their entry fee by the deadline will be scratched from the meet.

**PACKET PICKUP:** Packets will be available for pickup in the front lobby of the Athletic Alumni Center on the day of the meet from 7 a.m. to 12 p.m. ALL PACKETS MUST BE PICKED UP BY 12:00PM THE DAY OF THE MEET.

# Joe DeLoach Youth Invitational Track Meet

## The University of Houston

### Yeoman Field House

**ENTRY FEE:** The entry fee is \$20 per athlete (up to 3 events). Boys and girls teams/clubs are considered separate. Two coaches wristbands will be provided per team per gender for the first 10 athletes. Additional wristband will be given to clubs at a ratio of two wristband per 10 athletes entered. Extra coach wristbands are \$15 and grant access to the warm-up area and athlete seating in the venue. There will be no refunds.

**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. 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 available online no later than Saturday morning, January 12, 2019 or as soon as they become available.

#### QUALIFYING PROCEDURES:

- 55M: There will be qualifying heats in the 55m dash if necessary. Athletes will not run with blocks in the qualifying heats. The eight fastest times will advance to the final by time.
- 200m and 400m: There will be qualifying heats in the 200m and 400m. Six athletes will advance to the final. Athletes will run without blocks in the preliminaries heats.
- 4x200m relay: The 4X200m relay will be contested in sections.
- All other running events: Heats against time if necessary. Distance events may be combined by age groups.
- Field events: Long Jump and Shot put will be a 4 attempt competition.

**RULES:** We will follow USATF rules.

#### PARTICIPANT ENTRY AND 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 field house. Athletes not competing must sit in the athlete seating section located on the Sport Court area.
- Clubs/Teams: Clubs/teams will receive TWO coach's wristbands. Addition wristbands may be purchased for \$15.

**SPECTATOR ENTRY:** Spectators must enter through the front door of the Athletics/Alumni Center. Admission is \$8.00 for adults, \$5.00 for children (age four thru high school). Children under 4 are free. 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.

**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 Sport Court. SPIKES MAY NOT BE WORN ON THE SPORT COURT.

**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.

**Joe Deloach Youth Invitational Track Meet**  
**The University of Houston**  
**Yeoman Field House**

**HEAT SHEET & RESULTS:** Heat sheets will be available online no later than Saturday January 18, 2020. Paper copies of heat sheets will be available at packet pick-up on meet day for \$2.00. Heat sheets will also be posted in the warm-up area. Results will be posted at the conclusion of each event on the wall behind the basketball court. Final Results will be posted on our home meet website at

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

**AWARDS:** The three athletes and relay teams in each event will receive medals.

**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 one hour prior to start of event. Implements will be impounded and taken to the ring by meet officials. Only soft-shelled indoor shots may be used. Competitors should bring their own implements for the throwing events. UH will provide a limited number of implements for use. Participants may retrieve their implements following the conclusion of the event.

If you have any questions, please contact Felicia Love at [fnlove@sbcglobal.net](mailto:fnlove@sbcglobal.net). Do not contact the University of Houston Track and Field office.

Important dates

Jan. 17, 2019	5:00 PM	Entry Registration Closes at <a href="http://www.coacho.com">www.coacho.com</a>
Jan. 18, 2019	5:00 PM	Heat Sheets posted on our meet information website ( <a href="http://www.uhcougars.com/sports/c-track/home-meet-info.html">http://www.uhcougars.com/sports/c-track/home-meet-info.html</a> )

**Joe DeLoach Youth Invitational Track Meet**  
**The University of Houston**  
**Yeoman Field House**  
**Meet Schedule**

**MORNING SESSION** (We will start with younger ages we will run all girls, then all boys)

**FIELD EVENTS**

11:00 AM	BOYS	SHOT PUT (All Age Groups)	4 THROWS
	GIRLS	POLE VAULT (All Age Groups)	FINAL
	GIRLS	LONG JUMP (Under 8; 9-10; 11-12; 13-14, 15)	4 JUMPS
	BOYS	LONG JUMP (Under 8; 9-10; 11-12; 13-14, 15)	4 JUMPS

**RUNNING EVENTS (ROLLING SCHEDULE)**

9:00	GIRLS	NO BLOCKS	200M (All Age Groups)	PRELIMINARY
	BOYS	NO BLOCKS	200M (All Age Groups)	PRELIMINARY
	GIRLS	NO BLOCKS	400M (All Age Groups)	PRELIMINARY
	BOYS	NO BLOCKS	400M (All Age Groups)	PRELIMINARY
	GIRLS	NO BLOCKS	55M (All Age Groups)	PRELIMINARY
	BOYS	NO BLOCKS	55M (All Age Groups)	PRELIMINARY

**AFTERNOON SESSION**

**FIELD EVENTS**

12:30 PM	GIRLS	SHOT PUT (All Age Groups)	FINAL
	GIRLS/BOYS	POLE VAULT (All Age Groups)	FINAL

**RUNNING EVENTS (ROLLING SCHEDULE)**

1:30 PM	GIRLS	4X200 RELAY	FINAL
	BOYS	4X200 RELAY	FINAL
	GIRLS	400M	FINAL
	BOYS	400M	FINAL
	GIRLS	1000M	FINAL
	BOYS	1000M	FINAL
	GIRLS	55M DASH	FINAL
	BOYS	55M DASH	FINAL
	GIRLS	55M HURDLES	FINAL
	BOYS	55M HURDLES	FINAL
	GIRLS	200M	FINAL
	BOYS	200M	FINAL