



UH All-Comers Meet Meet Information



DATE: Saturday, February 6th, 2010

SITE: Yeoman Field House, University of Houston Athletics/Alumni Center 3100 Cullen Blvd., Houston, TX 77204

SCHEDULE: See <http://uhcougars.cstv.com/sports/c-track/hou-c-track-body.html>

FACILITY: Yeoman Field House has a flat, six lane, 200-meter oval with an eight lane straightaway. The track and runways are Mondo Super-X. Throwing surfaces are plywood.

PARTICIPANTS: This meet will be contested in three divisions:

1. **High School:** High school aged athletes (or younger) representing their school, club, or competing as unattached athletes.
2. **College and Unattached:** College/University aged athletes and post collegiate athletes
3. **Masters:** Athletes older than 40 years of age

ENTRY PROCEDURE: NOTE WE ARE NO LONGER DOING RACE DAY ENTRIES!

- **Individuals/unattached relays teams:** Entries must be completed using the Direct Athletics website (www.directathletics.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 who does not intend to run because no refunds will be given. All athletes who have not paid their entry fee by the deadline will be scratched from the meet.
- **Club Teams:** Entries must be completed using the Direct Athletics website (www.directathletics.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 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.
- **High School Teams:** Entries must be completed using the Direct Athletics website (www.directathletics.com). **Email Ryan Turner at ryanturner@uh.edu if your team is not listed in the high school section and you would like to attend this meet.** Entries may be changed/updated until the deadline at which point entries will be final and no changes will be allowed. The entry fee charged will be calculated based on the number of athletes/relays and events entered. High Schools may pay their entry fee at packet pickup Saturday Morning. Please do not enter anyone who does not intend to run because no refunds will be given.
- **College and University teams:** Entries must be completed using the Direct Athletics website (www.directathletics.com). College and Universities may pay their entry fee at packet pickup Saturday Morning. Entries may be changed/updated until the deadline at which point entries will be final and no changes will be allowed. The entry fee charged will be calculated based on the number of athletes/relays and events entered. No refunds will be given. Please do not enter anyone who does not intend to run.

ENTRY DEADLINE: ENTRIES MUST BE RECEIVED BY WEDNESDAY, FEBRUARY 3rd, 2010 AT 5:00P.M.

ENTRY FEE: The entry fee is \$20 per athlete per event and \$30 per relay with a maximum of \$450 dollars for college/university and high school teams only. Men's and Women's teams are separate. Club teams, individual/unattached, and masters athletes must pay their entry fee to Direct Athletics with a credit or debit card at the time of entry. Colleges, Universities, and High School teams may pay their entry fee on the day of the meet. The entry fee charged will be calculated based upon the number of athletes/relays and events entered. If you fail to bring all entered athletes to the meet, your fee will not be adjusted. **No refunds will be given.**

MEET FORMAT: There will be three divisions:

- The first division will consist of collegiate and open/unattached athletes (no high school athletes).
- The second division will consist of high school aged athletes or younger
- The third division will consist of masters athletes.

There will be qualifying heats in the 60m dash and the 60m hurdles, with the eight fastest preliminary times advancing to the final. In other running events, we will run seeded heats against time with the fastest heats first. Athletes will be seeded according to entry mark. Please be honest about your entries and use FAT

Revised 1/5/2010

marks. Hand timed entries will be adjusted. If an athlete turns in a mark that is deemed unrealistic, then that athlete will be entered with no mark. Please enter accurate marks. We reserve the right to decline entries in all divisions and events.

We also reserve the right to not use blocks on slower heats if time requires.

RULES: With the exception of the field events NCAA rules will apply for both divisions. In the horizontal jumps and throws each competitor will be given 2 jumps and throws to advance to the top 12. The 12 remaining competitors will be given 1 additional jump or throw to advance to the top 8. The 8 remaining competitors will be given 3 additional jumps or throws. In the vertical jumps each competitor will be given 2 misses at each height until the field is reduced to 12 competitors or less, at which time each competitor will be given 3 misses at each height.

PARTICIPANT ENTRY: All team personnel (athletes, coaches, and trainers) must enter through the south side entrance to the field house. All others must enter through the front door of the Athletics/Alumni Center. Coaches of individual/unattached athletes will not be permitted to enter unless they can present a USATF membership card or UIL coaches card. Coaches may purchase a coach's pass at the door for \$6.00. Only Collegiate coaches or coaches with a coach's pass will be allowed onto the infield.

SPECTATOR ENTRY: Spectators must enter through the front door of the Athletics/Alumni Center. Admission is \$8.00 for adults, \$5.00 for children (5-12), admission is free for children 4 and under. Our facility does have a set seating capacity and once it is reached spectators will only be allowed in as people depart the facility. There will be no access to the balcony. This area is reserved for University of Houston staff and officials only.

WARM-UP AREA: General warm-up can be done outside (either on the outdoor track or grass field), if weather permits. In the event of inclement weather, athletes will be able to warm-up inside at the discretion of meet management. Inside the field house, the Sport Court area at the end of the track can be used for stretching. Trainers should set up in this area. SPIKES MAY NOT BE WORN IN THE SPORTCOURT AREA!

CHECK-IN: The clerk of the course is located at the end of the straightaway, adjacent to the door that leads to the outdoor track. Athletes must check-in 20 minutes before their event and will be escorted to the line. At the check in center, all athletes will be given a wristband. One color will represent collegiate athletes and unattached athletes and the other high school. All athletes will receive a competing credential at packet pick-up. Athletes must show their wristbands to the clerk of the course. Once your race begins, you will not be allowed to check in.

HEAT SHEET & RESULTS: Heat sheets will be in each team's packet, prior to the first event. Heat sheets will also be posted in the warm-up area. Results will be posted after each even is final on the windows of the Strength and Conditioning Center. Final results will be available on the UH athletics website at www.UHcougars.com and on www.flashresults.com/flashtexas

IMPLEMENTS: Implements will be certified in the garage adjacent to the weight room from 7:00 a.m-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. For the collegiate and open division, collegiate weight implements will be used as well as collegiate heights for hurdles. The High School division will use high school implements. Competitors must bring their own implements. Implements may be collected at the conclusion of the event.

If you have any questions, please contact Ryan Turner at ryanturner@uh.edu



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Field Events:

8:00am	Women	Weight Throw	Trials & Finals	9 Advance
	Men	Weight Throw	Trials & Finals	9 Advance
8:00am	Boys	Long Jump (B Pit)	Trials & Finals	9 Advance
	Girls	Long Jump (B Pit)	Trials & Finals	9 Advance
9:00am	Men	Long Jump (Infield Pit)	Trials & Finals	9 Advance
	Women	Long Jump (Infield Pit)	Trials & Finals	9 Advance
8:00am	Girls	Pole Vault	Final	
10:00am	Boys	Pole Vault	Final	
1:00pm	Women	Pole Vault	Final	
3:00pm	Men	Pole Vault	Final	
10:00am	Women	Shot Put	Trials & Finals	9 Advance
	Men	Shot Put	Trials & Finals	9 Advance
1:00pm	Girls	Shot Put	Trials & Finals	9 Advance
	Boys	Shot Put	Trials & Finals	9 Advance
10:00am	Women	High Jump	Final	
12:00pm	Men	High Jump	Final	
1:30pm	Girls	High Jump	Final	
3:30pm	Boys	High Jump	Final	
1:00pm	Men	Triple Jump	Trials & Finals	9 Advance
	Women	Triple Jump	Trials & Finals	9 Advance
3:00pm	Boys	Triple Jump	Trials & Finals	9 Advance
	Girls	Triple Jump	Trials & Finals	9 Advance



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Running Events:

*****Rolling Schedule – Start times are just a guideline*****

10:00am	Girls	Distance Medley Relay	Final	
	Women	Distance Medley Relay	Final	
	Boys	Distance Medley Relay	Final	
	Men	Distance Medley Relay	Final	
11:10am	Girls	60 Meter Hurdles	Heats	8 Advance
	Women	60 Meter Hurdles	Heats	8 Advance
	Boys	60 Meter Hurdles	Heats	8 Advance
	Men	60 Meter Hurdles	Heats	8 Advance
11:45am	Masters Women	60 Meter	Heats	8 Advance
	Masters Men	60 Meter	Heats	8 Advance
	Girls	60 Meter	Heats	8 Advance
	Women	60 Meter	Heats	8 Advance
	Boys	60 Meter	Heats	8 Advance
	Men	60 Meter	Heats	8 Advance
1:10pm	Girls	Mile	Final	
	Women	Mile	Final	
	Boys	Mile	Final	
	Men	Mile	Final	
2:15pm	Masters Women	400 Meter	Final	
	Masters Men	400 Meter	Final	
	Girls	400 Meter	Final	
	Women	400 Meter	Final	
	Boys	400 Meter	Final	
	Men	400 Meter	Final	
4:15pm	Girls	60 Meter Hurdles	Final	
	Women	60 Meter Hurdles	Final	
	Boys	60 Meter Hurdles	Final	
	Men	60 Meter Hurdles	Final	
4:30pm	Masters Women	60 Meter	Final	
	Masters Men	60 Meter	Final	
	Girls	60 Meter	Final	
	Women	60 Meter	Final	
	Boys	60 Meter	Final	
	Men	60 Meter	Final	
4:45pm	Girls	800 Meter	Final	
	Women	800 Meter	Final	
	Boys	800 Meter	Final	
	Men	800 Meter	Final	
5:45pm	Masters Women	200 Meter	Final	
	Masters Men	200 Meter	Final	
	Girls	200 Meter	Final	
	Women	200 Meter	Final	
	Boys	200 Meter	Final	
	Men	200 Meter	Final	
7:30pm	Girls	3000 Meter	Final	
	Women	3000 Meter	Final	
	Boys	3000 Meter	Final	
	Men	3000 Meter	Final	
8:40pm	Girls	4x400 Meter Relay	Final	
	Women	4x400 Meter Relay	Final	
	Boys	4x400 Meter Relay	Final	
	Men	4x400 Meter Relay	Final	