

**Carl Lewis High School Indoor Invitational**  
**Saturday, January 20, 2007**  
**Meet Information**

- DATE:** Saturday, January 20, 2007
- SITE:** Yeoman Field House, University of Houston Athletics/Alumni Center  
3100 Cullen Blvd., Houston, TX
- SCHEDULE:** See Attached
- FACILITY:** Yeoman Field House has a flat, six-lane, 200-meter oval with eight lanes on the straightaway. The track and runway surfaces are Mondo Super-X. Throwing surfaces are plywood.
- ENTRY PROCEDURE:** All entries should be completed using the Flash Results Texas website, at [www.flashresults.com/flashtexas](http://www.flashresults.com/flashtexas) Please do not enter individuals or relays you do not intend to run. Updated meet information will be posted at this site. Please check back regularly for additional updates and necessary information. You must enter by Wednesday January 17, 2007 – 5:00 PM.
- ENTRY FEE:** The entry fee is \$10 per athlete per event. \$20.00 per relay. Checks should be made Payable to "University of Houston". No personal checks will be accepted. You can pay when you arrive on the day of the meet. You will not be able to compete without paying. Once the entries are closed the fee will be determined and final. If you fail to bring entered athletes to the meet your fee will not be adjusted at the meet. There will be a maximum of \$350.00 per team, which must be paid in full at the time of entry. Boys and girls teams are separate. If athletes are paying separately, this maximum per team limit will not apply.
- MEET FORMAT:** There will be qualifying heats in the 60m dash and the 60m hurdles, with the sixteen fastest advancing to a two section final. In other running events, seeded heats will be run, if necessary, with the fastest heat first.
- SCORING:** This will be a non-scored event.
- RULES:** The National Federation of High Schools/UIL rules will apply.
- PARTICIPANT ENTRY:** All team personnel (athletes and coaches) should enter through the south side entrance to the field house. Team coaches will be given a coaches pass at 1 coach per 5 athletes. You should present you High School coaches card or USATF coaches credential for entry. All others must enter through the front door of the Athletics/Alumni Center. Parents who are accompanying their son/ daughter must enter with other spectators.
- SPECTATOR ENTRY:** Spectators should enter through the front door of the Athletics/Alumni Center. Admission is \$6.00for adults and \$3.00 for children 12 and under. University of Houston students are free.
- WARM-UP AREA:** General warm-up can be done outside (either on the outdoor track or grass field), if weather permits. Inside the field house, the SportCourt area at the end of the track can be used for stretching. Trainers should set up in this area. **SPIKES MAY NOT BE WORN ON THE SPORTCOURT AREA!**
- CHECK-IN:** The clerk of the course will be set up at the end of the straightaway, adjacent to the door to the outdoor track. Athletes must check-in 20 minutes before their event and will be escorted to the line. Field event athletes should check in 30 minutes prior to the start of their event with the Head Judge of that event at the event site. Pole Vault athletes must check in 90 minutes prior to their event for certification. Each pole-vaulter's coach must sign the certification form.

**HEAT SHEETS & RESULTS:** Heat sheets will be in each teams' packet, which will be available at 7:30 a.m. Heat sheets will also be posted in the warm-up area. Results will be posted after each event is final on the windows of the weight room. Final results will be available 20 minutes after the final event is completed. They will also be available on the UH athletics website at [www.UHcougars.com](http://www.UHcougars.com).

**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. Top 3 in each event get 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 from 7:30 to 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.**

If you have any questions, please contact the UH Track Office at 713-743-9465 or e-mail to [tfuqua@uh.edu](mailto:tfuqua@uh.edu)  
THE UH ALL-COMERS MEET WILL BE SATURDAY, FEBRUARY 10

**University of Houston Track & Field**  
**Carl Lewis High School Indoor Invitational**  
**January 20, 2007**  
**Bill Yeoman Field House,**  
**UH Athletics/Alumni Center**

**Meet Schedule**

**Field Events**

9:00	Girls	Long Jump	Trials & Final	8 advance
	Boys	Long Jump	Trials & Final	8 advance
	Girls	Triple Jump	Trials & Final	8 advance
	Boys	Triple Jump	Trials & Final	8 advance
10:00	Boys	Shot Put	Trials & Final	8 advance
	Girls	Shot Put	Trials & Final	8 advance
10:00	Girls	Pole Vault	Final	
	Boys	Pole Vault	Final	
12:30	Boys	High Jump	Final	
	Girls	High Jump	Final	

**Running Events**

11:00	Girls	4x200m Relay	Final	Finals on Time
11:20	Boys	4x200m Relay	Final	Finals on Time
11:35	Girls	Distance Medley Relay	Final	
11:50	Boys	Distance Medley Relay	Final	
12:05	Girls	60m Hurdles	Heats	16 advance
12:25	Boys	60m Hurdles	Heats	16 advance
12:50	Girls	60m	Heats	16 advance
1:20	Boys	60m	Heats	16 advance
1:40	Girls	Mile	Final	
2:00	Boys	Mile	Final	
2:20	Girls	400m	Final	Top 12 use blocks
3:10	Boys	400m	Final	Top 12 use blocks
4:00	Girls	60m Hurdles	Final	
4:05	Boys	60m Hurdles	Final	
4:10	Girls	60m	Final	
4:15	Boys	60m	Final	
4:20	Girls	800m	Final	
4:40	Boys	800m	Final	
5:00	Girls	200m	Final	Top 12 use blocks
5:50	Boys	200m	Final	Top 12 use blocks
6:40	Girls	3000m	Final	
7:00	Boys	3000m	Final	
7:20	Girls	4x400m Relay	Final	
7:40	Boys	4x400m Relay	Final	

*MVP Awards will be given at the conclusion of the 4x400 Relay  
We will only use the infield pit for the jumps*