



CARL LEWIS HIGH SCHOOL INVITATIONAL MEET INFORMATION

- DATE:** Saturday, January 13th, 2018
- SITE:** Yeoman Fieldhouse, University of Houston Athletics/Alumni Center
3204 Cullen Blvd., Houston, TX 77204
- SCHEDULE:** Page 5
- FACILITY:** Yeoman Fieldhouse has a flat, six lane, 200-meter oval with an eight lane straightaway. The track and runways surfaces are Mondo Super-X. Throwing surfaces are plywood. Pole Vault will compete on a banked runway.
- PARTICIPANTS:** This meet is open to HIGH SCHOOL aged athletes ONLY. Athletes participating in this event must be between grades 9th-12th. Any person, other than a high school athlete, who enters this meet will not be allowed to compete and will not receive a refund.
- ENTRY DEADLINE:** Entries will open 12:01AM Tuesday December 5, 2017 and remain open until 3 p.m. on Monday, January 8, 2018. **ALL ENTRIES MUST BE RECEIVED BY MONDAY, JANUARY 8, 2018 AT 3:00 PM. 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 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 Steve Magness at SJMagnes@uh.edu if you encounter any problems with entering your team. 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. Please do not enter anyone who does not intend to run because no refunds will be given.
- PACKET PICKUP:** Packets will be available for pickup on Friday from 2-5 p.m. in suite 2015J and in the front lobby of the Athletic Alumni Center on the day of the meet from 6:00 a.m., to 3:00 p.m.
ALL PACKETS MUST BE PICKED UP BY 3:00PM THE DAY OF THE MEET.

ENTRY FEE: The entry fee is \$20 per athlete / \$20 per 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. Coach wristbands are \$20 and grant access to the warm-up area and athlete seating in the venue. A maximum of **FIVE** coach wristbands may be purchased per team per gender. Coach wristbands are **NOT** supplied with team entries.
NOTE: Entry fees cover the cost of timing crews, officials, trainers, awards and facilities use.

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. We reserve the right to cancel any marks deemed unrealistic and will enter that athlete/relay team with no mark. 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 published as soon as they become available. **Heat sheets will be available online no later than Friday afternoon January 12, 2018.**

QUALIFYING PROCEDURES: • **60M-60H:** There will be qualifying heats in the 60m dash and the 60m hurdles. **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 and 400m:** There will be qualifying heats in the 200m and 400m. Twelve athletes will advance to a three heat final. **Athletes will run without blocks in the preliminaries heats.**

• **4x400m relay:** **The 4X400m 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 800m will be contested in 2 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 direct athletics. 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 fast heat first.

• **All field events:** Trials and finals

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

PARTICIPANT ENTRY AND SEATING: • **Athletes:** Each athlete will be 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.

SPECTATOR ENTRY: Spectators must enter through the front door of the Athletics/Alumni Center. Admission is \$15.00 for adults, \$10.00 for children (age 3 thru high school). Children under 2 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.

PARKING: Parking is available for fans visiting the Yeoman Fieldhouse. Fans are encouraged to park in Lots 16D, 16E, and 16G around the facility.

WARM-UP AREA: Athletes must warm-up outside. 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 out door 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. Each pole-vaulter's coach must sign the certification form. **Athletes must present their wristband and competition number at check in or they will not be allowed to compete.**

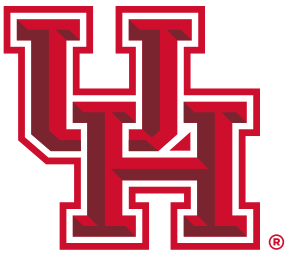
HEAT SHEET & RESULTS: Heat sheets will be available online no later than 5pm on Friday, January 12, 2018. Paper copies of heat sheets will be available at packet pick-up on meet day for \$3.00. Heat sheets will also be posted in the warm-up area. Results will be posted at the conclusion of each event in the Sport Court area.
Final Results will be posted on our home meet website at <http://www.uhcougars.com/sports/c-track/home-meet-info.html> and at <http://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 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 are to bring their own implements for the throwing events. UH will provide a limited number of implements for use in the indoor shot only. Participants may retrieve their implements following the conclusion of the event.

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



CARL LEWIS HIGH SCHOOL INVITATIONAL IMPORTANT DATES

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|---------------|----------|---|
| Dec. 5, 2017 | 12:01 AM | Registration Opens at www.DirectAthletics.com |
| Jan. 8, 2018 | 3:00 PM | Entry Registration Closes at www.DirectAthletics.com |
| Jan. 12, 2018 | 5:00 PM | Heat Sheets posted on our meet information website (http://www.uhcougars.com/sports/c-track/home-meet-info.html) |



CARL LEWIS HIGH SCHOOL INVITATIONAL PRELIMINARY SCHEDULE

MORNING SESSION

FIELD EVENTS

| | | | | |
|----------|-------|----------------------------------|---------------|-----------|
| 10:00 AM | BOYS | SHOT PUT | TRIAL & FINAL | 8 ADVANCE |
| 10:00 | GIRLS | POLE VAULT (OPENING HEIGHT 7'6") | FINAL | |
| 10:00 | GIRLS | LONG JUMP | TRIAL & FINAL | 8 ADVANCE |
| 12:00 PM | BOYS | LONG JUMP | TRIAL & FINAL | 8 ADVANCE |

RUNNING EVENTS (ROLLING SCHEDULE)

| | | | | | |
|---------|-------|----------------------|-------------------------|-------------|------------|
| 8:30 AM | GIRLS | 800M (EARLY SECTION) | FINAL | | |
| | BOYS | 800M (EARLY SECTION) | FINAL | | |
| | GIRLS | NO BLOCKS | 200M | PRELIMINARY | 12 ADVANCE |
| | BOYS | NO BLOCKS | 200M | PRELIMINARY | 12 ADVANCE |
| | GIRLS | NO BLOCKS | 400M | PRELIMINARY | 12 ADVANCE |
| | BOYS | NO BLOCKS | 400M | PRELIMINARY | 12 ADVANCE |
| | 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 (UNSEEDDED) | FINAL | UNSEEDDED |
| | BOYS | | 4X400 RELAY (UNSEEDDED) | FINAL | UNSEEDDED |

AFTERNOON SESSION

FIELD EVENTS

| | | | | |
|----------|-------|-----------------------------------|----------------|-----------|
| 12:30 PM | BOYS | HIGH JUMP (OPENING HEIGHT 5'8") | FINAL | |
| 1:00 | GIRLS | SHOT PUT | TRIAL & FINALS | 8 ADVANCE |
| 1:30 | BOYS | POLE VAULT (OPENING HEIGHT 10'0") | FINAL | |
| 2:00 | GIRLS | TRIPLE JUMP | TRIAL & FINALS | 8 ADVANCE |
| 2:30 | GIRLS | HIGH JUMP (OPENING HEIGHT 4'10") | FINAL | |
| 3:30 | BOYS | TRIPLE JUMP | TRIAL & FINALS | 8 ADVANCE |

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

| | | | | |
|---------|-------|--|------------|--------------|
| 3:30 PM | GIRLS | 4X200M RELAY | FINAL | |
| 3:55 | BOYS | 4X200M RELAY | FINAL | |
| 4:15 | GIRLS | 4X800M RELAY | FINAL | |
| 4:35 | BOYS | 4X800M RELAY | FINAL | |
| 4:50 | GIRLS | 60M HURDLES | SEMI-FINAL | 8 ADVANCE |
| 5:05 | BOYS | 60M HURDLES | SEMI-FINAL | 8 ADVANCE |
| 5:15 | GIRLS | 60M DASH | SEMI-FINAL | 8 ADVANCE |
| 5:20 | BOYS | 60M DASH | SEMI-FINAL | 8 ADVANCE |
| 5:25 | GIRLS | MILE | FINAL | |
| 5:55 | BOYS | MILE | FINAL | |
| 6:35 | GIRLS | 400M | FINAL | 3 HEAT FINAL |
| 6:50 | BOYS | 400M | FINAL | 3 HEAT FINAL |
| 7:00 | GIRLS | 60M HURDLES | FINAL | |
| 7:05 | BOYS | 60M HURDLES | FINAL | |
| 7:10 | GIRLS | 60M DASH | FINAL | |
| 7:15 | BOYS | 60M DASH | FINAL | |
| 7:20 | GIRLS | 800M (SEEDED SECTION – TOP 18 ENTERED TIMES) | FINAL | 2 HEAT FINAL |
| 7:25 | BOYS | 800M (SEEDED SECTION – TOP 18 ENTERED TIMES) | FINAL | 2 HEAT FINAL |
| 7:35 | GIRLS | 200M | FINAL | 3 HEAT FINAL |
| 7:40 | BOYS | 200M | FINAL | 3 HEAT FINAL |
| 7:50 | GIRLS | 3000M | FINAL | |
| 8:05 | BOYS | 3000M | FINAL | |
| 8:35 | GIRLS | 4X400M RELAY (SEEDED – TOP 16 ENTERED TIMES) | FINAL | |
| 8:50 | BOYS | 4X400M RELAY (SEEDED – TOP 16 ENTERED TIMES) | 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 information and the schedule.

STEP 2: Set up an account with direct athletics.

- You must have a direct athletics to register and enter. You may set up an account with direct athletics by going to their website www.directathletics.com.
- You may use your existing account if you have one.
- If you have an existing account and have forgotten your user name or password. Then click on forgot user name or password.
- If you do not have an account for your team you must create an account. You must go to the direct athletics website at www.directathletics.com and click on "New user? Click here." Follow the instructions to create an account and submit entries. This process will take some time (a minimum of one day) so plan accordingly or you may miss the entry deadline.

STEP 3: Enter your athletes at www.directathletics.com.

- Go to www.directathletics.com. Use the password and username that you just created to submit your entries.
- You may sign in and make changes as often as you desire up to the entry deadline. However, there is no scratch/add policy after the entry deadline. **NO LATE ENTRIES WILL BE ACCEPTED AFTER THE ENTRY DEADLINE. ALL ENTRIES ARE FINAL AFTER THE ENTRY DEADLINE.**
- The entry deadline is **MONDAY, JANUARY 8, 2018 AT 3:00 PM.**

STEP 4: Make Your Payment.

- After you have submitted and updated your entries you must make payment with direct athletics to confirm and finalize your entries.
- **Unattached Individuals, unattached relay teams and clubs MUST pay their entry fees in full by the entry deadline to Direct Athletics via the Direct Athletics website with a credit or debit card.** High Schools (Competing Officially) will pay their entry fee at packet pickup.

STEP 5: Check Your Entries.

- Heat sheets will be published as soon as they become available and no later than Friday January 12, 2018 by 5:00 pm