



JOE DELOACH YOUTH INVITATIONAL MEET INFORMATION

- DATE:** Sunday, January 17th, 2016
- SITE:** Yeoman Fieldhouse, University of Houston Athletics/Alumni Center
3100 Cullen Blvd., Houston, TX 77204
- SCHEDULE:** Page 5
- FACILITY:** Yeoman Field House 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 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 (2016). The age groups would compete as followed: 7-8; 9-10; 11-12; 13-14. 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 Tuesday, December 1, 2015 and remain open until 6:59 p.m. on Thursday, January 14, 2016. **ALL ENTRIES MUST BE RECEIVED BY FRIDAY, JANUARY 17, 2014 AT 7 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). 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 dead line will be scratched from the meet.
 - **Club Teams:** Entries must be completed using the Coach O website (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 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 3 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 (up to 3 events).** Boys and girls teams/clubs are considered separate. Two coaches wristbands will be provided per team per gender. Extra coach wristbands are \$5 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 Friday evening, January 15, 2016 or as soon as they become available.

- QUALIFYING PROCEDURES:**
- **55M-55H:** There will be qualifying heats in the 55m dash and the 55m hurdles 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.**
 - **4x400m relay:** **The 4X400m relay will be contested in sections.**
 - **All other running events:** Heats against time if necessary. Distance events may be combined by age groups.
 - **All field events:** Eight athlete final

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 \$7.00 for adults, \$4.00 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. 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 Friday evening January 15, 2016. 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 top athlete and relay team in each event will receive a medal, while the second and third place finishers will receive a ribbon.

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 Mark Crump at macrump2@uh.edu.



JOE DELOACH YOUTH INVITATIONAL IMPORTANT DATES

Dec. 1, 2015	12:00 AM	Registration Opens at www.Coach0.com
Jan. 14, 2016	5:00 PM	Entry Registration Closes at www.Coach0.com
Jan. 15, 2016	11:59 PM	Heat Sheets posted on our meet information website (http://www.uhcougars.com/sports/c-track/home-meet-info.html)



JOE DELOACH YOUTH INVITATIONAL TENTATIVE SCHEDULE

MORNING SESSION *(We will start with younger ages, and then work our way up; we will do all girls, then all boys)*

FIELD EVENTS

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

AFTERNOON SESSION *(We will start with younger ages, and then work our way up; we will do all girls, then all boys)*

RUNNING EVENTS

(ROLLING SCHEDULE -- Start times are only a guide; If an event can start early it will. Please plan accordingly)

10:00 AM	GIRLS	NO BLOCKS	200M (All Age Groups)	PRELIMINARY	6 ADVANCE
	BOYS	NO BLOCKS	200M (All Age Groups)	PRELIMINARY	6 ADVANCE
	GIRLS	NO BLOCKS	400M (All Age Groups)	PRELIMINARY	6 ADVANCE
	BOYS	NO BLOCKS	400M (All Age Groups)	PRELIMINARY	6 ADVANCE
	GIRLS		55M HURDLES (All Age Groups)	PRELIMINARY	8 ADVANCE
	BOYS		55M HURDLES (All Age Groups)	PRELIMINARY	8 ADVANCE
	GIRLS		55M DASH (All Age Groups)	PRELIMINARY	8 ADVANCE
	BOYS		55M DASH (All Age Groups)	PRELIMINARY	8 ADVANCE

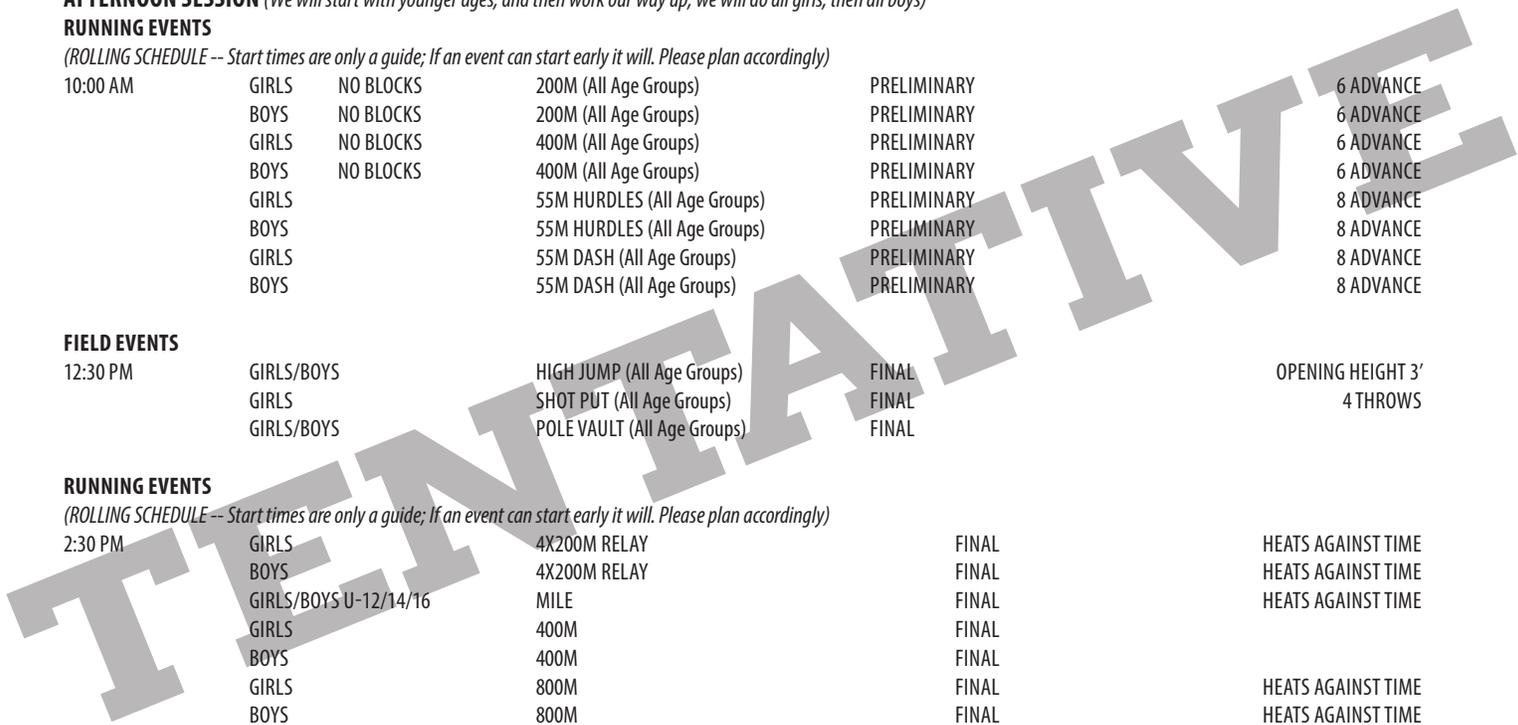
FIELD EVENTS

12:30 PM	GIRLS/BOYS	HIGH JUMP (All Age Groups)	FINAL	OPENING HEIGHT 3'
	GIRLS	SHOT PUT (All Age Groups)	FINAL	4 THROWS
	GIRLS/BOYS	POLE VAULT (All Age Groups)	FINAL	

RUNNING EVENTS

(ROLLING SCHEDULE -- Start times are only a guide; If an event can start early it will. Please plan accordingly)

2:30 PM	GIRLS	4X200M RELAY	FINAL	HEATS AGAINST TIME
	BOYS	4X200M RELAY	FINAL	HEATS AGAINST TIME
	GIRLS/BOYS U-12/14/16	MILE	FINAL	HEATS AGAINST TIME
	GIRLS	400M	FINAL	
	BOYS	400M	FINAL	
	GIRLS	800M	FINAL	HEATS AGAINST TIME
	BOYS	800M	FINAL	HEATS AGAINST TIME
	GIRLS	55M DASH	FINAL	
	BOYS	55M DASH	FINAL	
	GIRLS	55M HURDLES	FINAL	
	BOYS	55M HURDLES	FINAL	
	GIRLS	200M	FINAL	
	BOYS	200M	FINAL	
	GIRLS/BOYS U-8/10	MILE	FINAL	HEATS AGAINST TIME
	GIRLS	4X400M RELAY	FINAL	HEATS AGAINST TIME
	BOYS	4X400M RELAY	FINAL	HEATS AGAINST TIME



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 **WEDNESDAY, JANUARY 15, 2014 AT 5:00 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 17, 2014 by 10:00 am