

FASTRAK YOUTH INVITATIONAL

February 3, 2019

Yeoman Fieldhouse, University of Houston

- DATE:** Sunday, February 3th, 2019
- SITE:** Yeoman Fieldhouse, University of Houston Athletics/Alumni Center
3204 Cullen Blvd., Houston, TX 77204
- SCHEDULE:** See page 3
- FACILITY:** The FasTrak Athletix Track and Field poured surface covers an IAAF certified 200-meter banked oval (with 10 degrees banking) with six 39-inch lanes, as well as the infield, which consists of eight 42-inch lanes for 60-meter hurdles & sprints, 2 horizontal jump runways and pits, 2 pole vault runways and pits and 2 high jump pits (high jumps are contested on the sprint straightaway)..
- 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 (2019). The age groups would compete as followed: 7-8; 9-10; 11-12; 13-14, 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 remain open until 5:00 p.m. on Thursday, January 31, 2019. **ALL ENTRIES MUST BE RECEIVED BY THURSDAY, January 31, 2019 AT 5 p.m. NO LATE ENTRIES WILL BE ACCEPTED.** Updated meet information will be posted at: <http://www.flashresults.com/flashtexas>
- ENTRY PROCEDURE:** Entries must be completed using the Direct Athletics website (www.directathletics.com). Payment is due on Direct Athletics by the entry deadline. 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, when payment of the entry fee is due. Entries cannot be changed after the deadline. 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.
- PACKET PICKUP:** Packets will be available for pickup in the front lobby of the Athletic Alumni Center on the day of the meet from 8 a.m. to Noon. **ALL PACKETS MUST BE PICKED UP BY NOON 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 for the first 10 athletes. Additional wristbands will be given to clubs at a ratio of two wristbands 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, February 2, 2019 or as soon as they become available.

QUALIFYING PROCEDURES:

- **60m & 60mH:** There will be qualifying heats in the 60m dash and the 60m 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 a the final. Athletes will run without blocks in the preliminary 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.
- **Field events:** Long jump and shot put will be four attempt competitions.

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 (side 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 \$8 for adults, \$5 for children (Ages 4-17). 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.

OFFICE HOURS: The ticket office will open 90 minutes prior to the first event and will remain open until the end of the 200-meter events.

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.

HEAT SHEET & RESULTS: Heat sheets will be available online no later than Saturday, February 2, 2019. Paper copies of heat sheets will be available at packet pick-up on meet day for \$2. 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. Heat Sheets and Final Results will be posted on the Flash Results Texas website at: [www.flashresults.com/flashtexas](http://www.flashresults.com/flashresults.com/flashtexas)

AWARDS: The top 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 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 McBride at stevemcbride271@yahoo.com

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

11:00 AM	BOYS	SHOT PUT (All Age Groups)	TRIAL & FINAL	4 THROWS
	GIRLS	LONG JUMP (Under 8; 9-10; 11-12; 13-14, 15)	TRIAL & FINAL	4 JUMPS
	BOYS	LONG JUMP (Under 8; 9-10; 11-12; 13-14, 15)	TRIAL & FINAL	4 JUMPS
12:30 PM	GIRLS	SHOT PUT (All Age Groups)	TRIAL & FINAL	4 THROWS

MORNING SESSION

RUNNING EVENTS

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

9:00 AM	GIRLS	200M (All Age Groups)	PRELIMINARY	6 ADVANCE - NO BLOCKS
	BOYS	200M (All Age Groups)	PRELIMINARY	6 ADVANCE - NO BLOCKS
	GIRLS	400M (All Age Groups)	PRELIMINARY	6 ADVANCE - NO BLOCKS
	BOYS	400M (All Age Groups)	PRELIMINARY	6 ADVANCE - NO BLOCKS
	GIRLS	60M DASH (All Age Groups)	PRELIMINARY	8 ADVANCE - NO BLOCKS
	BOYS	60M DASH (All Age Groups)	PRELIMINARY	8 ADVANCE - NO BLOCKS

AFTERNOON SESSION

RUNNING EVENTS

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

1:30 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	60M DASH	FINAL	
	BOYS	60M DASH	FINAL	
	GIRLS	60M HURDLES	FINAL	
	BOYS	60M HURDLES	FINAL	
	GIRLS	200M	FINAL	
	BOYS	200M	FINAL	
	GIRLS/BOYS U-8/10	MILE	FINAL	