

Directions

- Check-in:** have your athletes check in with the Clerk of Course for all distance races 800, 1600, 3200 (big Houston tent pop-up tent) at the 20 yard line of the field to receive lane assignments and hip numbers. Athletes will **NOT** check in at the finish line. Athletes are then allowed into the track area and wait for their heat. We are attempting to have as few people as possible in the track area. We will begin placing heats together 15 minutes before the race begins near the start line of that race. Help us by getting your athletes at their event on time. **THEY MUST HAVE A WRISTBAND TO ENTER THE TRACK.**
- Changes:** No changes will be made once heat sheets are made. Substitutions are not allowed. We have 1800+ entries, we simply do not have the time to redo sheets, heats, changing names.
- Hospitality:** Friday- from 5PM-7PM we have Subway sandwiches and drinks. Only coaches will be allowed to enter the coach's room located North of the track near the varsity gym.
- Friday - from 11AM-2PM we have BBQ and drinks.
- Restrooms- located on the North end of the track near the concession stand.
- Awards:** We will award medals for places 2-3 as well, all event winners will receive a custom shirt. Medals and Shirts will be awarded at the awards stand near mid-field.
- Time:** we will do our best to honor the time schedule included, for this reason the announcer will not make track calls. We will however make several announcements for runners to enter the warm up area.
- Field Events:** all horizontal jumps and throws will have 4 jumps/throws as finals.
- Side note- Discus is located OUTSIDE of the track behind the baseball field outfield wall.
- Payment:** Please pay your team entry at packet pickup at the main entrance of the track.
- Finals:** No prelims this year. All races are finals, section vs. time. Fast heats to slower heats.