



***HOUSTON SOUTHWEST REGION MASTERS
INVITATIONAL***



***MEET
INFORMATION***

DATE:	Sunday, January 25, 2026
SITE:	Yeoman Fieldhouse, University of Houston Athletics/Alumni Center, 3100 Cullen Blvd., Houston, Texas 77204
SCHEDULE:	See page 2. https://www.directathletics.com/meets/track/
FACILITY:	Yeoman Fieldhouse has a six-lane, 200-meter banked oval and an eight-lane straightaway for 60-meter hurdles and sprints. The facility also includes two horizontal jump runways with sand pits and two pole vault runways, boxes and pits
PARTICIPANTS:	Masters/Seniors Men & Women (athletes ages 25 & up) Medals will be provided to top three.
ENTRY PROCEDURE:	Entries must be completed using the Direct Athletics website https://www.directathletics.com/meets/track/
ENTRY FEE:	The entry fee is \$50 per athlete (3 events), \$10 per each additional event. Late entries will be accepted the day of the meet for an extra fee of \$10 for the first two events (\$60), and an extra \$5 per additional event (\$15). You will receive a wristband at the welcome table, located near the starting line.
MEET FORMAT:	All running events will be finals against time. This meet is sanctioned. In the horizontal jumps and throws each competitor will be given six jumps and six throw, no finals. In the vertical jumps each competitor will be given three misses at each height.
RULES:	All running events will be finals against time. This meet is sanctioned.

SPECTATOR ENTRY:	Admission is free for all spectators
WARM-UP AREA:	General warm-up can be done outside (either on the outdoor track or grass field), if weather permits. In the event of inclement weather, athletes will be able to warm-up inside at the discretion of meet management. Inside the fieldhouse, the Sport Court area at the end of the track can be used for stretching. A Houston Athletics trainer will be set up in this area.
CHECK-IN:	All field events will check-in at the event. All oval races will be heated at the starting line.
RESULTS:	Results for the meet will be posted at: https://uhcougars.com/sports/2025/8/18/high-school-meets https://runhoustontiming.net/
IMPLEMENTS:	Implements will be certified in the event site. Competitors must bring their own implements.
	All participants must fill out the following waiver prior to competition. We also encourage you to become a member of USATF (www.usatf.org/membership)
	If you have any questions, please contact Will Blackburn at wblackburn@uh.edu