



Events & Schedule

Schedule listed is tentative . The number of entries will determine the final list of events, time schedule and number of heats.

A final time schedule will be posted on www.soonersports.com

Visiting Teams

Angelo State , Cameron University, Langston University, LeTourneau University , Midwestern State University , Northwestern Oklahoma State University , Oklahoma Baptist University, Oklahoma Christian University, Ranger Community College, Southeastern Oklahoma State University , Southern Nazarene University, Southwestern Christian University, St. Edwards University, Texas A& M University - Texarkana, Texas A& M - Commerce, Texas Luthern University , University of Arkansas - Pine Bluff, University of Central Oklahoma, University of Science & Arts of Oklahoma, University of St. Thomas - Houston, University of Texas - Arlington

Team Entry Deadline

12:00 AM (CST) on Tuesday, January 14, 2025

Scratches are due by 12:00 PM (CST) on Wednesday, before the meet. No changes will be made to entries after scratches are applied.

Team Entries

All entries are to be done online through Direct Athletics (www.directathletics.com)

Unattached Entries

Only Head Coach approved unattached entries will be allowed. Please send all unattached requests to juanita@ou.edu for approval by James Thomas.

College Entry Fee

Team entry fee (14 or more athletes) is \$500 per gender per team or \$25 per individual /relay with 13 or less athletes. Complete payment is due on Direct Athletics by entry deadline or entries will not be accepted.

Entry Limits

Will have restrictions on the number of participants due to time constraints. Check the meet schedule listed at the end of this document to see field sizes for each event. Only current marks in Direct Athletics will be accepted.

Accepted Entries

All accepted entries will be posted online as soon as possible following the close of entries (www.soonersports.com).

Heat Sheets

Heat sheets will be available online no later than Thursday before the meet.



Packet Pickup

Thursday night 5:00pm- 8:00pm at visiting team practice. Or the day of the meet at the packet pick up table inside of Everest. [See Map]

Clerking

Will be in Everest Indoor Football Training Facility.

Parking and Entrance Bus | Spectators

Buses will be allowed to drop off near John Jacobs Track. Parking for team buses and vehicles will be available in the Parkview Lot. Enter the parking lot from George Ave.[See Map]

Spectators Parking - Duck Pond off of E Brooks. St. [See Map]

Team Camp

Team Camp will be located in be in Everest Indoor Football Training Facility.

Training Room

Sports Medicine be available on the north end of the facility

Visiting Teams Practice Availability

The Indoor Facility will be open from 5pm – 8pm on Thursday for Pre-Meet practice. If would like to request more, please reach out to the Meet Director.

Spikes

Spikes must not exceed ¼ inch.
High jumpers may use 3/8" spikes.

Results

Results will be available on www.timinginc.com

Meet Director

Juanita Sanchez (juanita@ou.edu)



CLEAR BAG POLICY



APPROVED BAGS (ONE BAG PER PERSON)



**12" X 6" X 12"
CLEAR TOTE**
(ANYTHING LARGER IS PROHIBITED)



**ONE (1) GALLON CLEAR
PLASTIC STORAGE BAG**



**6.5" X 4.5"
CLUTCH WALLET**
(WITH OR WITHOUT STRAP)



**CLEAR FANNY PACK OR
CLEAR CROSSBODY BAG**

PROHIBITED BAGS



PURSE



BACKPACK



CLEAR BACKPACK



**NON-CLEAR
MERCHANDISE BAG**



**TINTED PLASTIC
TOTE**



**SOLID OR CLEAR
DRAWSTRING BAG**



**PRINTED PATTERN
PLASTIC BAG**



DIAPER BAG



CAMERA BAG



BINOCULAR CASE



**FANNY PACK/
CROSSBODY BAG**
(NON-TRANSLUCENT)



MESH BAG

All carried items and entrants are subject to search. Prohibited items must be returned to the owner's car or discarded. Any unlawful items are subject to confiscation, and the person in possession of such items is subject to arrest. Items left at gate will be discarded.



ATHLETIC CARRY IN POLICY



ITEMS PERMITTED



**BINOCULARS,
CAMERAS & TABLETS**



**6.5" X 4.5"
CLUTCH WALLET
(WITH OR WITHOUT STRAP)**



**12" X 6" X 12"
CLEAR TOTE
(ANYTHING LARGER IS PROHIBITED)
CLEAR FANNY PACK
CLEAR CROSSBODY BAG**



**TRANSPARENT/EMPTY
WATER BOTTLE**



**ITEMS RELATED TO A
MEDICAL CONDITION**

ITEMS PROHIBITED



**NO PURSES, BACKPACKS,
DRAWSTRING BAGS, FANNY PACKS,
DIAPER BAGS CROSSBODY BAGS &
BINOCULAR CASES**



**NO FOOD OR BEVERAGES
(INCLUDING ALCOHOL)**



**NO FLAGS, SIGNS
OR BANNERS**



NO CONTAINERS



**NO STROLLERS
OR BABY CARRIERS**



**NO VIDEO CAMERAS OR
CAMERAS WITH LENSES
GREATER THAN 6"**



**NO CHAIRBACKS OVER 16"
WIDE OR WITH OVERSIZED
METAL FRAMES.**



NO NOISEMAKERS



NO WEAPONS



NO UMBRELLAS



NO INFLATABLES

ALL CARRIED ITEMS AND ENTRANTS ARE SUBJECT TO SEARCH. PROHIBITED ITEMS MUST BE RETURNED TO THE OWNER'S CAR OR DISCARDED. ANY UNLAWFUL ITEMS ARE SUBJECT TO CONFISCATION, AND THE PERSON IN POSSESSION OF SUCH ITEMS IS SUBJECT TO ARREST. ITEMS LEFT AT THE GATE WILL BE DISCARDED.



Tentative Meet Schedule
Owen Hewett Invitational - Friday, January 17, 2025
Updated 12.12.2024



Owen Hewett Invitational Tentative Meet Schedule

Open Section

Event	Gender	Time	Field Size	Heats
Mile	F	10:00	48	4
Mile	M	10:25	48	4
400	F	10:50	40	10
400	M	11:20	40	10
800	F	11:50	32	3-4
800	M	12:10	32	3-4
200	F	12:30	32	8-12
200	M	1:00	32	8-12
3000	F	1:30	18	1
3000	M	1:45	18	1
60M Prelim	F	2:00	60	10
60M Prelim	M	2:25	60	10
60H Prelim	F	2:50	60	10
60H Prelim	M	3:15	60	10

Open Section

Event	Gender	Time	Field Size	Flights
Weight Throw	M	9:00	16 Max	2
Pole Vault	M	9:00	24	1
Long Jump	M	9:00	24	2
High Jump	F	10:00	24	1
Weight Throw	F	10:30	16 Max	1
Pole Vault	F	11:30	24	1
Long Jump	F	11:00	24	2
Shot Put	M	12:00	16 Max	1
High Jump	M	12:00	24	1
Shot Put	F	1:30	16 Max	1

Invite Section

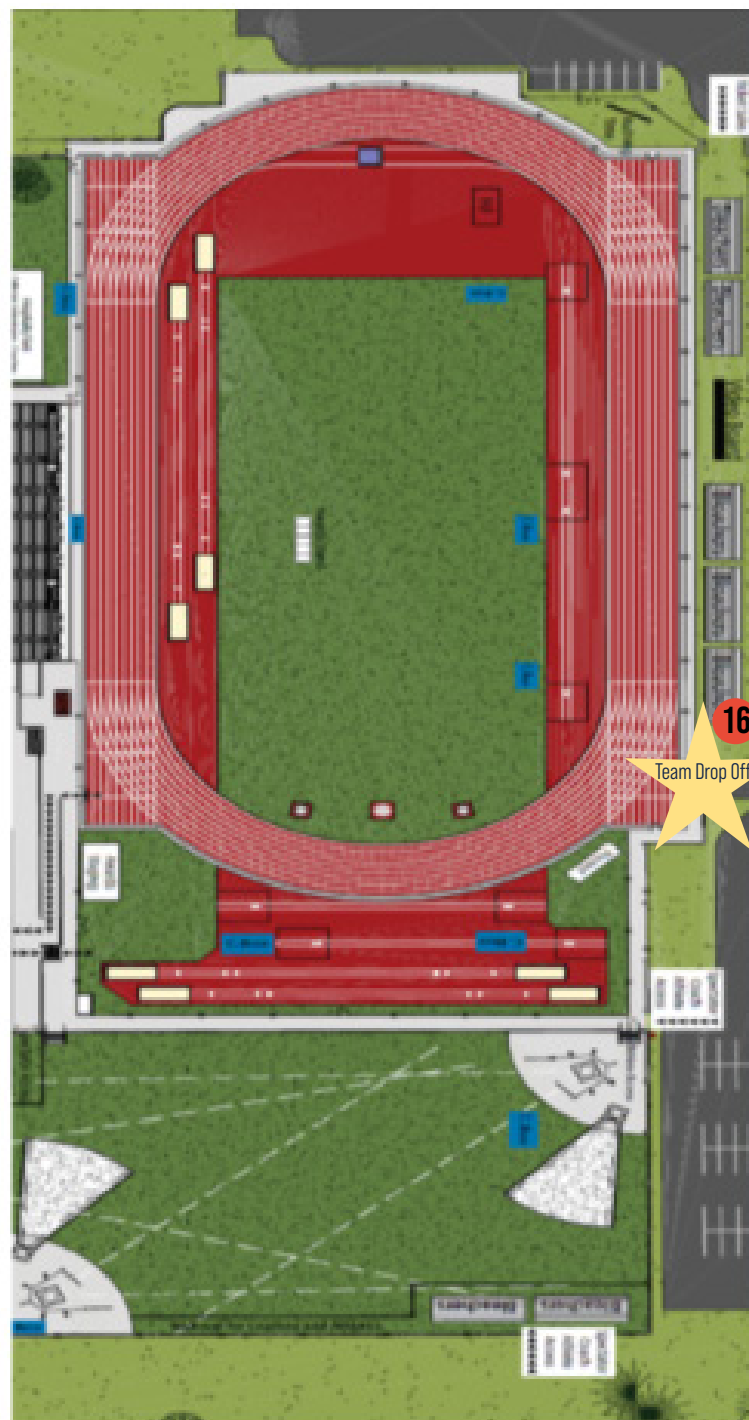
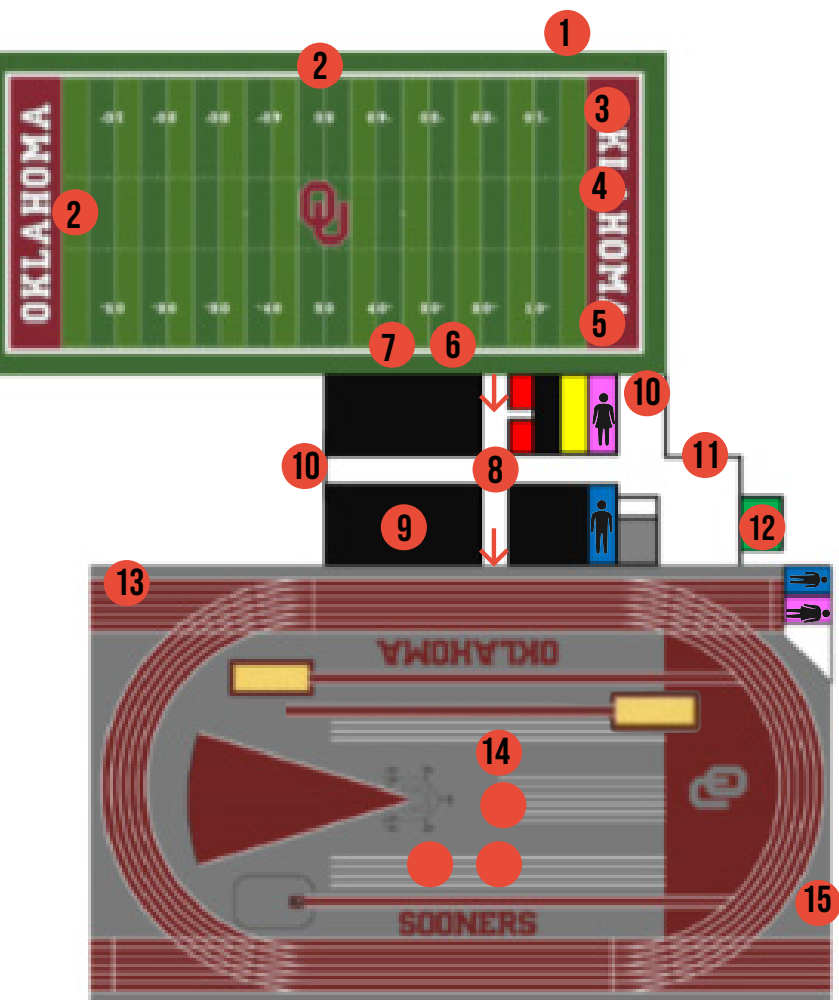
Event	Gender	Time	Field Size	Heats
60H Finals	M	5:00	12	2
60H Finals	F	5:10	12	2
60M Finals	F	5:15	12	2
60M Finals	M	5:20	12	2
Mile	F	5:30	8-10	1
Mile	M	5:40	8-10	1
400	F	5:50	9	3
400	M	6:00	9	3
800	F	6:10	10	2
800	M	6:20	10	2
200	F	6:30	9	3
200	M	6:40	9	3
3000	F	6:50	10-12	1
3000	M	7:05	10-12	1
4X400	F	7:20	10-12	1-2
4X400	M	7:35	10-12	1-2

Invite Section

Event	Gender	Time	Field Size	Flights
Long Jump	F	3:30	9 Max	1
Weight Throw	M	3:00	9 Max	1
High Jump	F	4:00	9 Max	1
Long Jump	M	4:45	9 Max	1
Pole Vault	M	4:00	9 Max	1
Weight Throw	F	4:30	9 Max	1
Triple Jump	F	6:00	9 Max	1
Shot Put	M	6:00	9 Max	1
Pole Vault	F	6:00	9 Max	1
Triple Jump	M	7:15	9 Max	1
High Jump	M	6:00	9 Max	1
Shot Put	F	7:30	9 Max	1



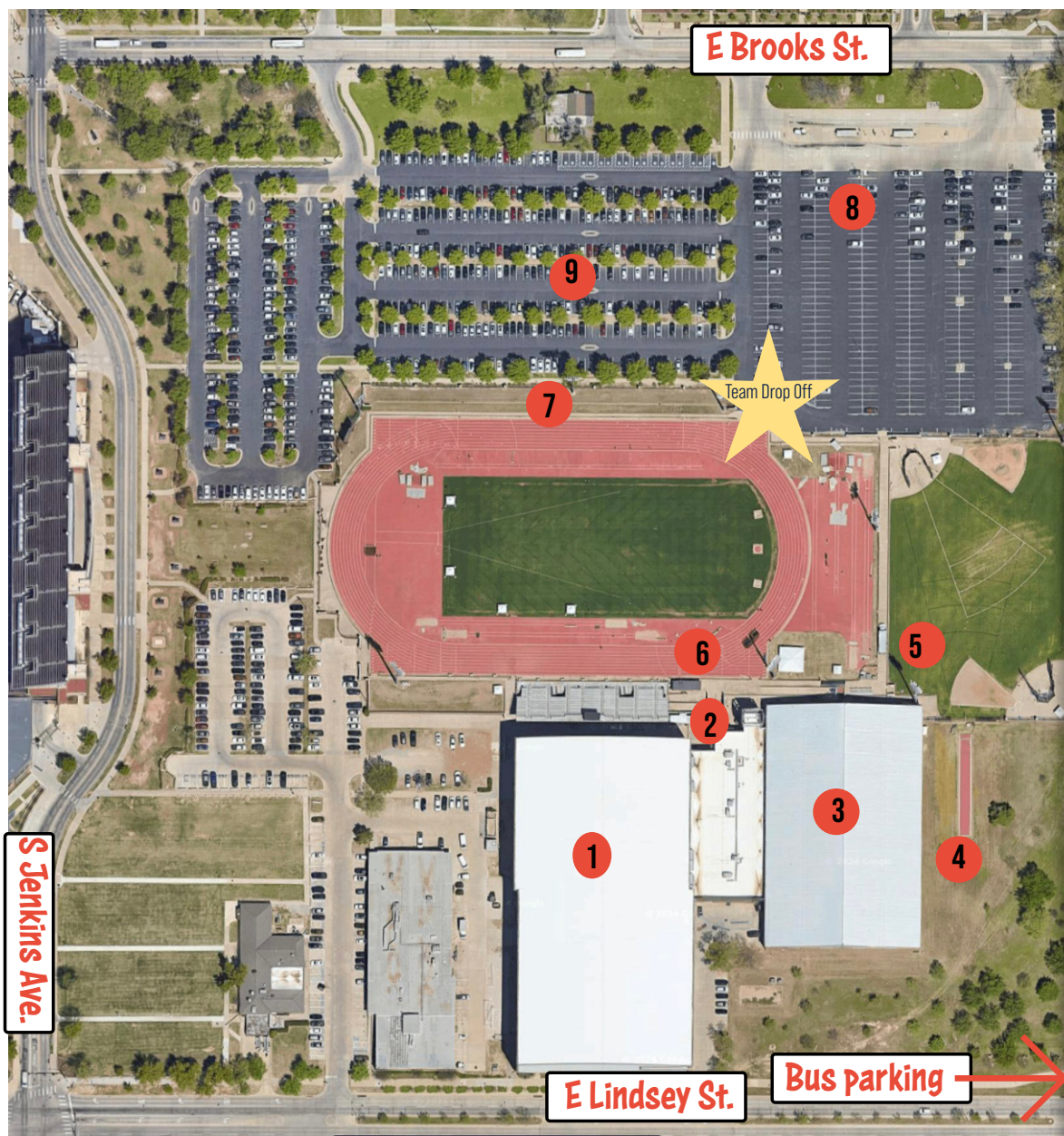
INDOOR FACILITY MAP



1. Teams/ Officials/Volunteers Entrance
2. Team Camps
3. Officials | Volunteer Check In Table
4. Teams Packet Pick Up Table
5. Hospitality
6. Clerking - Women's Table
7. Clerking - Men's Table
8. Athlete Flow - Team Camp to Indoor Facility
9. Weight Room | Implement's Weight In
10. Teams /Officials/ Volunteers Entrance
11. Spectator Entrance
12. Concession Stand
13. Media
14. Spectator Seating
15. Sports Medicine Area
16. Team Drop Off



PARKING MAP



1. Teams Camps | Warm Up Area | Everest Training Facility
2. Entrance for Teams/ Officials / Spectators
3. Mosier Indoor Facility
4. Javelin Runway
5. Throws Field
6. John Jacobs Track and Field Facility
7. Team Camps - (HS Outdoor Meets)
8. Team Drop Off and Officials
9. Spectators Parking Lot

Team Drop Off

Teams Bus can enter from E Brooks St. to the designated team drop off area.

John Jacobs Track and Field | Mosier Indoor Facility Address: 395 E Lindsey St., Norman, OK 73019

Teams will be camped inside of the Everest Training Center. Teams will be able to bring outside food and drink into the team camp area. No outside food or drink will be allowed within the gates of the track and field facility.

Bus Parking - Parkview Lot

Team buses can park in the parkview lot off of the corner of E Lindsey St and George Ave. Across from Brandt Park. Enter the lot from George Ave.