

LSU

2021

VISITING TEAM GUIDE

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# ***OPERATIONS LETTER***

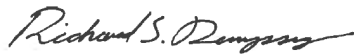
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Dear Coach/Administrator:

Louisiana State University (LSU) is pleased to make available the 2021 Gymnastics Visiting Team Guide. The material provided is to familiarize you and your team with the various attributes and operational conditions associated with a Gymnastics meet at the Pete Maravich Assembly Center (PMAC). The LSU Athletics Department is committed to ensuring a high standard of athletic excellence for all home events, so we hope you find the subject matter useful and informative.

In this packet you will find Contact Information, a Travel Form, Facility Information, a Sample of the Meet Protocol, a Visiting Team Ticket Request Form, etc. In preparation for your visit, please take a few moments to complete the documents on pages 16-19 and return them to me at least ten days prior to competition to ensure we accommodate your team to the best of our ability. Also, please remember, adjustments may be required based on local and/or national events. Subsequent changes will be made depending on the situational administrative assessment. If you have any questions or concerns regarding any of the supplied material, please feel free to contact me directly.

Sincerely,



Richard S. Dempsey

Assistant Director of Game/Event Management

Meet Director



# CONTACT INFORMATION

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## **ADMINISTRATION**

**Scott Woodward**  
*Director of Athletics*  
225-578-8001(O)

## **GAME/EVENT MANAGEMENT**

**Richard S. Dempsey**  
*Asst. Director of Game/Event Management*  
*Meet Director*  
*Primary Contact*  
225-578-8424 (O)  
225-316-4534 (C)  
225-578-4799 (F)  
rdemps3@lsu.edu

**Marlee Heath**  
*Game/Event Management Intern*  
225-578-4085 (O)  
225-200-8857 (C)  
mheath6@lsu.edu

## **GYMNASTICS**

**Jay Clark**  
*Head Coach*  
225-578-5050 (O)

**Bob Moore**  
*Assistant Coach*  
225-578-5050 (O)

**Ashleigh Gnat**  
*Assistant Coach*  
225-578-5050(O)

**Katie Copeland**  
*Director of Operations*  
225-578-5050 (O)  
copeland@lsu.edu

## **MARKETING & PROMOTIONS**

**Heidi Wetherbee**  
*Director of Fan Engagement*  
225-578-3917 (O)  
hwethe1@lsu.edu

## **PETE MARAVICH ASSEMBLY CENTER**

**Bryan Paar**  
*Facilities Manager*  
228- 923-1386(C)  
bpaar@lsu.edu

## **COMMUNICATIONS**

**Brandon Berrio**  
*Assoc. Directory of Creative & Digital Content*  
225-578-8226 (O)  
bberri1@lsu.edu

## **ATHLETIC TRAINING**

**Jenny Cihonski**  
*Assistant Athletic Trainer*  
225-578-2050 (O)  
jennycihonski@lsu.edu

## **TICKET OFFICE**

**Eric Hummel**  
*Assistant Director of Ticket Operations*  
225-578-2184 (O)  
ehummel1@lsu.edu

## **UNIVERSITY POLICE**

Emergency: 911  
Non-Emergency: 225-578-3231

# 2021 LSU HOME SCHEDULE

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<u>DATE</u>	<u>OPPONENT</u>		<u>TIME (CST)</u>
Friday, Jan. 8	Arkansas*		7:15 p.m.
Friday, Jan. 22	Georgia*		7:15 p.m.
Friday, Feb. 12	Florida*		6:15 p.m.
Friday, March 5	Missouri*		7:15 p.m.

\* Denotes Conference Meet

LSU  
GYMNASTICS

LSU



# ***COVID-19 Protocols***

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## **FACE COVERINGS**

- All coaches, staff and non-competing student-athletes are required to wear a face mask/neck gaiter.
- Competing student-athletes shall wear a neck gaiter that can be used for timeouts, conferring with coaches, etc.
- Face shields are not a suitable replacement for a face mask for non-competing student-athletes, coaches and other staff in the floor bubble.
- All judges shall wear a face mask/neck gaiter.
- All individuals working on the floor bubble will be required to wear a face mask/neck gaiter at all times.

## **CLEANING PROCEDURES**

- Visiting Team locker rooms are cleaned daily. Prior to arrival, the visiting team will need to communicate if there are plans to clean the locker room with additional supplies.
- In each locker room, hand sanitizer and sanitizer wipes will be provided.
- The locker room will not be accessible during team walkthroughs.
- On meet days, the locker room will open when the visiting team arrives. The facility and event manager may access the locker room at this time for any additional cleaning procedures.

## **TESTING PROCEDURES**

- In following guidelines given by the SEC, testing will be conducted for the following individuals prior to meet days:
  - Coaches and Support Personnel\*
  - Student-Athletes\*
  - Judges\*
  - Team Physicians\*
  - Medical Emergency Personnel\*
  - Home Team Game Management\*
- An Emergency Action Plan has been provided on page 7 in the case that an individual shows symptoms on meet days.

# ***Emergency Action Plan***

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*The following policies and procedures are based on SEC Guidelines.*

The following information is the COVID-19 Emergency Action Plan for the 2021 LSU Gymnastics Season.

**Point of Contacts:** *(All area codes are 225)*

578-2050	Broussard Center for Athletic Training
578-5050	Head Coach Jay Clark – Office
578-2050	Jenny Cihonski – Staff Athletic Trainer
316-4534	Richard Dempsey – Game Manager

**Procedures for a Student-Athlete or Coach Showing Symptoms**

The following procedures will be taken in the case of an athlete showing symptoms of COVID-19. The student-athlete or coach showing symptoms will be escorted to the appropriate area or isolation room.

**Locations for Isolating Individuals Showing Symptoms:**

- Home Team - Deumite Room
- Visiting Team - Locker Room - Upper Cast (Separated from Team Locker Room)
- Judges - Media Room

# FACILITY INFORMATION

The Pete Maravich Assembly Center, which was renamed in honor of the all-time LSU and NCAA Men's Basketball scoring leader on July 22, 1988, seats 13,472 and ranks as one of the finest college athletic arenas in the nation. For over a quarter century, the 'PMAC' has been home to some of the finest gymnastics competitions in the nation. The PMAC has served as the host site for three SEC Championships and ten NCAA Regional Championships. For the 2021 season, we will only allow 25% capacity in the PMAC.

- Prohibited Items** - The following items may not be brought into the arena by patrons:
  - ◇ Coolers, ice chests, bottles, cans, cups (or containers of any kind)
  - ◇ Outside food and drinks
  - ◇ Any type of artificial noise makers – violators are subject to ejection
  - ◇ Pets of any variety (except for service animals)
  - ◇ Video cameras
  - ◇ Weapons of any kind – including pocket knives, multi-function tools, and any items deemed inappropriate
  - ◇ Banners/Flags/Poles/projectiles of any kind (and/or any obtrusive/obstructive signage) – small handheld signs are subject to approval by LSU Administration
  - ◇ Only clear tote bags smaller than 12" x 6" x 12" will be allowed into the PMAC One-gallon clear plastic bags and/or small handheld clutch purses (approx. the size of a person's hand) will also be allowed to enter.

## CLEAR BAGS ONLY

LSU ATHLETICS SUPPORTS A SAFE AND FAN FRIENDLY ENVIRONMENT

### ALLOWED



**CLEAR TOTE**  
Plastic, Vinyl or PVC  
and no larger than  
12" x 6" x 12"



**PLASTIC ZIP TOP BAG**  
No larger than  
1 Gallon - Re-sealable - Clear



**SMALL CLUTCH PURSE**  
No larger than 4.5 x 6.5"



**SEAT CUSHION**  
No pockets and  
no larger than 16"



**MEDICAL ITEMS**  
Items Related to  
a Medical Condition

## PROHIBITED ITEMS

LSU ATHLETICS SUPPORTS A SAFE AND FAN FRIENDLY ENVIRONMENT

### NOT ALLOWED



NO BACKPACKS



NO FOOD OR BEVERAGES



NO CONTAINERS



NO VIDEO CAMERAS, SELFIE STICKS, OR TRIPODS



NO OVERSIZED CHAIRS, BACKPACKS OR LARGE ITEMS



NO NOISEMAKERS



NO BIKES, SKATEBOARDS, or SCOOTERS



NO WEAPONS



NO INFLATABLES



NO ANIMALS (EXCEPT SERVICE ANIMALS)



NO FLAGS, SIGNS or BANNERS



NO ILLEGAL DRUGS



TOBACCO FREE CAMPUS  
NO SMOKING or VAPING

GEAUX®  
SAFE

QUEST SERVICES  
(225) 578-4085

SEASIDE, UPDATES  
@LSUgameops

LSU

Please visit [lsusports.net/geauxclear](https://lsusports.net/geauxclear) for more information

# LSU



# **FACILITY INFORMATION**

- **PMAC Policies** - The following policies are enforced at all home meets:
  - ◇ Smoking and the use of all tobacco products on the LSU Campus is prohibited – Louisiana State Law (Act 815 Smoke Free Air Act)
    - Cigarettes, e-cigarettes, cigars, smokeless tobacco, snuff, pipes, and chewing tobacco are not permitted
  - ◇ No re-entry for ticketed events – Anyone leaving the arena must have a new unused ticket to re-enter
  - ◇ All persons entering the facility are subject to search
  - ◇ Items may not be stored at or near the gates of the stadium
  - ◇ All items will be removed and discarded
  - ◇ Tickets may not be resold on the stadium premises and/or the surrounding grounds (including the arena parking lots)
- **Concessions** - stands located along the upper concourse
- **Locker Rooms** - assignments will be given to you when you arrive to arena; towels will be available in your assigned locker room. Locker rooms will not be available during visiting team walk through. Please indicate any additional locker room needs on the Visiting Team Travel Form on page 16
- **Restrooms** - located in the Lower SE, Lower SW and Lower NW corridors and along the upper concourse
- **Videotaping** of meets is permitted from assigned areas, but teams must provide their own video equipment and extension cords; address any questions regarding videotaping to Katie Copeland at 225-578-5050 or [copeland@lsu.edu](mailto:copeland@lsu.edu)

# ATHLETIC COMMUNICATIONS

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The LSU Athletic Communications Office will contact your SID for rosters and updated information for meet programs. NCAA score sheets will be provided to each team following the conclusion of the event.

- **Hospitality** - Meal coupons will be available by request to LSU Athletic Communications contact, Brandon Berrio
- **Media Credentials** - All requests for media credentials must be directed to the LSU Athletic Communications Office and Gymnastics SID, Brandon Berrio at 225-578-8226 or [bberri1@lsu.edu](mailto:bberri1@lsu.edu). All credentials must be picked up in the Lower South East Corridor on the night of the meet.
- **Parking** - Parking for members of the media and SID's will be located in Lot 101 (see map on page 23); please contact Brandon Berrio to receive a parking pass.
- **Public Address** - It is recommended that each institution provide someone to go over the proper pronunciation of their gymnasts' names prior to the start of the competition; please include pronunciations on the March-In form on page 18.
- **Post-Meet Interviews** - All coaches and student-athletes must be made available for post-meet interviews following the 10 minute cooling-off period; the cooling-off period begins when the respective head coaches enter the locker room immediately after the meet; this not only applies to formal press conferences but also to any interview requests made to coaches and/or student-athletes not involved in the press conference. All post-meet interviews will be virtual for the 2021 season.
- **Results** - The results of the meet will be posted on the LSU Athletics website at [www.lsusports.net](http://www.lsusports.net); live scoring will also be available; if you would like results faxed or emailed, please contact Brandon Berrio; coaches will be provided with copies following each meet.

# **SPORTS MEDICINE**

Dear Visiting Gymnastics Athletic Trainer,

On behalf of the Louisiana State University Athletic Training Department, I would like to welcome you to Baton Rouge and LSU. This letter is to inform you of the sports medicine services that will be provided for you during your stay. If you require any additional services, please feel free to contact me prior to your arrival. The meets will be held at the Pete Maravich Assembly Center (PMAC) on campus located on N. Stadium Dr. Adjacent to your locker room is a room that will have a hydro collator, first aid supplies, a table and injury ice post-meet. If you need modalities or whirlpools, the athletic training room will be available by prior request only this year as to follow proper COVID-19 cleaning and distancing protocols. It is located in the PMAC in the men basketball area. An athletic training student will be happy to direct you to this location upon your arrival. If your team is not traveling with a certified athletic trainer, sufficient supplies and a written request for the application of therapeutic modalities will be necessary.

The following services and supplies will be provided for you:

- On-site certified athletic trainer
- On-site team physician
- On-site x-ray technician
- Athletic training student assistance

Athletic Training Room Hours: by appointment only. Supplies available to you are: hydro collator, electrical stimulation, ultrasound, whirlpools, ice, taping supplies and first aid supplies.

On the floor: Water, Powerade, cups, injury ice, ice bags and OSHA supplies.

Emergency personnel and equipment (crutches, splints, spine board, AED, etc.) will be on site as well.

Important phone numbers while in Baton Rouge:

- Main Athletic Training Room 225-578-2050
- Certified Athletic Trainer Jenny Cihonski 225-397-5029 (C)
- Baton Rouge General Hospital 225-763-4000
- Our Lady of the Lake Hospital 225-765-6565

I look forward to meeting with you and hope you have a healthy and successful season!

Please feel free to contact me if you have any further questions.

Sincerely,

Jenny Cihonski

Assistant Athletic Trainer

LSU Gymnastics

jennycihonski@lsu.edu



# ***SPORTS MEDICINE***

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## ***LOCAL HOSPITALS***

### **Baton Rouge General Medical Center**

8585 Picardy Avenue

Baton Rouge, LA 70809

Main Number.....225-763-4000

Emergency Room..... 225-763-4400

### **Our Lady of the Lake Regional Medical Center**

5000 Hennessy Blvd.

Baton Rouge, LA 70808

Main Number.....225-765-6565

Emergency Room.....225-765-8826

## ***24 HOUR PHARMACIES***

### **CVS**

5360 Highland Rd.

225-757-1023

**[www.cvs.com](http://www.cvs.com)**

### **Walgreen's**

3550 Government Street

225-343-8878

**[www.walgreens.com](http://www.walgreens.com)**

### **Walgreen's**

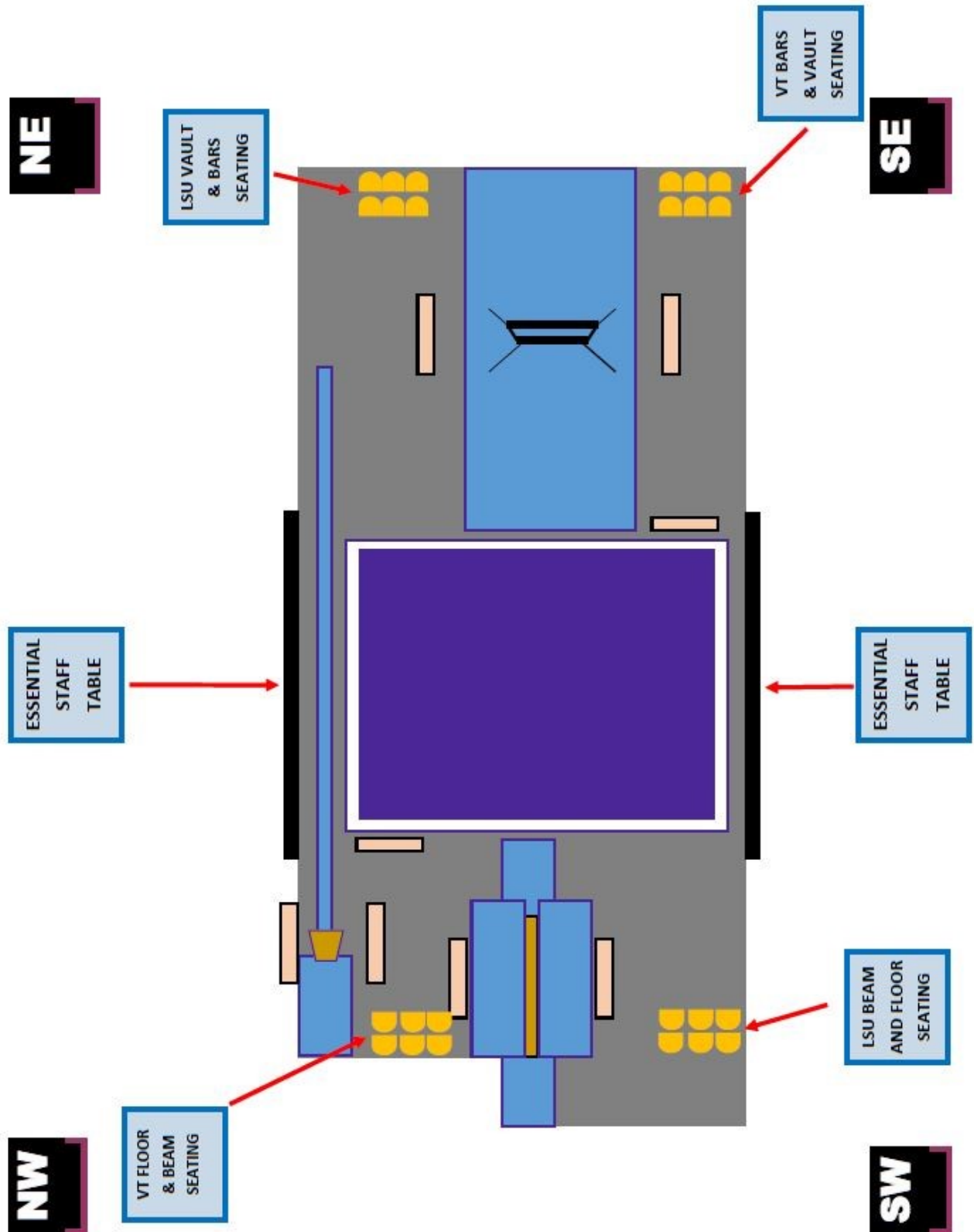
5112 Essen Lane

225-769-7224

**[www.walgreens.com](http://www.walgreens.com)**



# FLOOR LAYOUT



LSU



# SAMPLE MEET PROTOCOL



## #6 LSU vs. #7 ALABAMA

Jan. 31, 2020 | Pete Maravich Assembly Center (PMAC) | Baton Rouge, La.

Television/Streaming: SEC Network

First Vault: 7:35 p.m.

3:20 p.m.	Training Room Opens	5:10 p.m.	Teams Enter Arena
4:30 p.m.	LSU Reports to Locker Room	5:20 - 5:50 p.m.	Open Stretch

### WARMUP ROTATION

TIME	VAULT	BARS	BEAM	FLOOR
5:52 - 6:07 p.m.	LSU	ALABAMA	OPEN	OPEN
6:09 - 6:24 p.m.	ALABAMA	LSU	OPEN	OPEN
6:26 - 6:41 p.m.	OPEN	OPEN	LSU	ALABAMA
6:43 - 6:58 p.m.	OPEN	OPEN	ALABAMA	LSU
6:59 p.m.	TEAMS CLEAR FLOOR & RETURN TO LOCKER ROOMS			
7:05 p.m.	LSU ALUMNI LINED-UP IN NW CORRIDOR			
7:10 p.m.	LSU ALUMNI MARCH-IN & INTRODUCTION			
7:11 p.m.	ALABAMA 5-MINUTE WARNING			
7:14 p.m.	LSU 5-MINUTE WARNING			
7:16 p.m.	ALABAMA OUT OF LOCKER ROOM			
7:17 p.m.	ALABAMA LINED-UP IN NE CORRIDOR			
7:18 p.m.	ALABAMA MARCH-IN & INTRODUCTIONS			
7:19:30 p.m.	LSU OUT OF LOCKER ROOM & LINED-UP IN NW CORRIDOR			
7:20 p.m.	LSU INTRO. VIDEO			
7:21 p.m.	LSU MARCH-IN & INTRODUCTIONS			
7:26:30 p.m.	NATIONAL ANTHEM			
7:29 p.m.	ROTATION 1 ROTATION PERIOD BEGINS			
7:31 p.m.	ROTATION 1 TOUCH WARMUP PERIOD BEGINS			
7:35 p.m.	FIRST VAULT			

### COMPETITION ORDER

	VAULT	BARS	BEAM	FLOOR
Rotation 1	LSU	ALABAMA		
Rotation 2	ALABAMA	LSU		
Rotation 3			LSU	ALABAMA
Rotation 4			ALABAMA	LSU

### TIMING PROTOCOLS

**Touch Period:** There is a 2-minute Rotation Period and a 4-minute Touch Warmup Period prior to each rotation for athletes to prepare for their next apparatus.

**Dismount to Mount:** The SEC Network has asked for 20 seconds from the time an athlete dismounts an apparatus to the time the next athlete is announced on the opposite apparatus.

### MEET REMINDERS

- Please take all belongings (bags, warmups, etc.) with you as you rotate from event to event.
- Please remain in or near event corrals during competition.
- Please report to Floor immediately following the last competitor for announcement of team scores.



# ***TICKET INFORMATION***

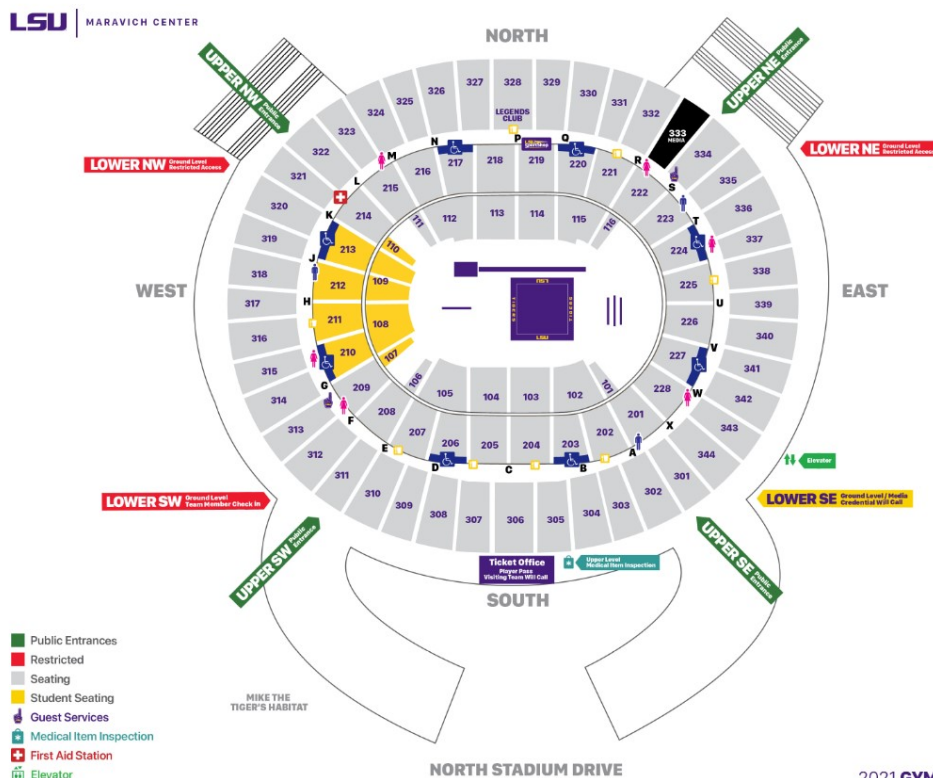
## **Player-Guest Will Call**

Upon arrival, please submit the pass list (page 18) to the LSU Game/Event Management staff. Individuals using player-guest complementary tickets should be instructed to pick up their tickets at the Upper South Ticket Office directly across from Tiger Stadium. All guests will be required to show photo identification to pick up tickets.

***All doors will open 1 hours prior to the meet start time.***

## **Ticket Prices**

- General admission: Ticket prices will vary from meet to meet. Visit [lsutix.net](http://lsutix.net) or contact [ehummel@lsu.edu](mailto:ehummel@lsu.edu) for details.
- Groups: Please contact Eric Hummel at 225-578-2184 or [ehummel@lsu.edu](mailto:ehummel@lsu.edu)
- Everyone age three (3) and older needs a ticket to enter the PMAC
- Ticket Sales are handled at the Upper Concourse Ticket Office directly across from Tiger Stadium
- Handicap accessible tickets are limited, so please contact the LSU Ticket Office as soon as possible if you have a need for them
- Tickets can be purchased by contacting the LSU Ticket Office at 225-578-2184 Monday - Friday from 8:00 a.m. - 5:00 p.m. or online at [www.LSUTIX.net](http://www.LSUTIX.net)



# TEAM TRAVEL INFORMATION

Please return 10 DAYS before scheduled meet.

c/o Richard Dempsey, Meet Director

EMAIL: rdemps3@lsu.edu

Institution: \_\_\_\_\_

## Contact Prior to Arrival:

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Email: \_\_\_\_\_

Office Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

## Contact While in Baton Rouge:

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

## Transportation and Accommodations:

Arrival time to arena: \_\_\_\_\_

Number of vehicles at the PMAC:

Cars: \_\_\_\_\_

Vans: \_\_\_\_\_

Buses: \_\_\_\_\_

Hotel: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Official Travel Party

(Excluding student-athletes)

Head Coach: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Athletic Trainer: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

SID: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Administrator: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Manager: \_\_\_\_\_

# TEAM LINEUP

TEAM: \_\_\_\_\_

COACH: \_\_\_\_\_

COMPETITION DATE: \_\_\_\_\_

## Vault

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

EX. \_\_\_\_\_

EX. \_\_\_\_\_

## Beam

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

EX. \_\_\_\_\_

EX. \_\_\_\_\_

## Bars

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

EX. \_\_\_\_\_

EX. \_\_\_\_\_

## Floor

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

EX. \_\_\_\_\_

EX. \_\_\_\_\_

**Please return 10 DAYS before scheduled meet.**

c/o Richard Dempsey, Meet Director

EMAIL: [rdemps3@lsu.edu](mailto:rdemps3@lsu.edu)



# **TEAM MARCH-IN ORDER**

**INSTITUTION:** \_\_\_\_\_

	<b><u>NAME</u></b>	<b><u>PRONUNCIATION</u></b>	<b><u>HOMETOWN</u></b>	<b><u>YEAR</u></b>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____

**Please return 10 DAYS before scheduled meet.**  
c/o Richard Dempsey, Meet Director  
EMAIL: [rdemps3@lsu.edu](mailto:rdemps3@lsu.edu)





# TEAM TICKET REQUEST

**Please return 10 DAYS before scheduled meet.**  
c/o Richard Dempsey, Meet Director  
EMAIL: rdemps3@lsu.edu

**Athlete:** *\*If additional space is required, please make copies of this form\**

Name	Relation	ID	Signature

**Athlete:**

Name	Relation	ID	Signature

**Athlete:**

Name	Relation	ID	Signature

**Athlete:**

Name	Relation	ID	Signature

# ***DIRECTIONS TO THE PMAC***

---

The Pete Maravich Assembly Center is located along N. Stadium Dr., directly across from Tiger Stadium.

Please see page 19 for directional map of Baton Rouge

## ***Coming from the East on Interstate 10:***

- Take I-10 to College Dr. (Exit 158)
- Take a left onto College Dr. and proceed straight ahead
- Proceed straight through intersection with Perkins Rd. (notice College Dr. becomes Lee Dr.)
- Proceed straight through intersections with Highland Rd. and Burbank Dr.
- Continue straight on Lee Dr. until reaching Nicholson Dr. (LA Hwy. 30); Turn right at intersection with Nicholson Dr.
- Proceed straight on Nicholson Dr. until reaching N. Stadium Dr; Turn right onto N. Stadium Dr.
- Proceed through the Guard Station and Lot 201 will be on your left as you approach the hill

## ***Coming from the West on Interstate 10:***

- Take I-10 to Nicholson Dr./Highland Rd. (Exit 155A)
- Keep right and turn onto Terrace St.
- Turn left onto Nicholson Dr. and proceed forward until reaching N. Stadium Dr.
- Turn left onto N. Stadium Dr.
- Proceed through the Guard Station and Lot 201 will be on your left as you approach the hill

## ***Coming from the Baton Rouge Metropolitan Airport:***

- Proceed North on Jackie Cochran Dr. toward Sallie Ride Dr.
- Continue on Sally Ride Dr.
- Turn left at Veterans Memorial Blvd.
- Turn right at Harding Blvd./LA 408W
- Merge onto I-110 South via the ramp to Baton Rouge
- Take Exit 1A on the LEFT for Government St./LA-73 toward Centroplex
- Turn right at Government St.
- Proceed on Government St. until reaching St. Phillip St.
- Turn left at St. Phillip St.
- St. Phillip St. will merge into Nicholson Dr.; Continue on Nicholson Dr.
- Proceed on Nicholson Dr. until reaching N. Stadium Dr.
- Turn left onto N. Stadium Dr.
- Proceed through the Guard Station and Lot 201 will be on your left as you approach the hill



# ***DIRECTIONS FROM THE PMAC***

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## ***Coming from the Pete Maravich Assembly Center to Interstate 10 East:***

- From N. Stadium Dr. take a left onto Nicholson Dr.
- Proceed on Nicholson Dr. until reaching Lee Dr.
- Turn left onto Lee Dr.
- Proceed straight through the intersections with Burbank Dr. and Highland Rd.
- Proceed straight through the intersection with Perkins Rd. (notice Lee Dr. becomes College Dr.)
- Proceed on College Dr. until reaching Interstate 10
- Turn right to merge onto Interstate 10 towards New Orleans

## ***Coming from the Pete Maravich Assembly Center to Interstate 10 West:***

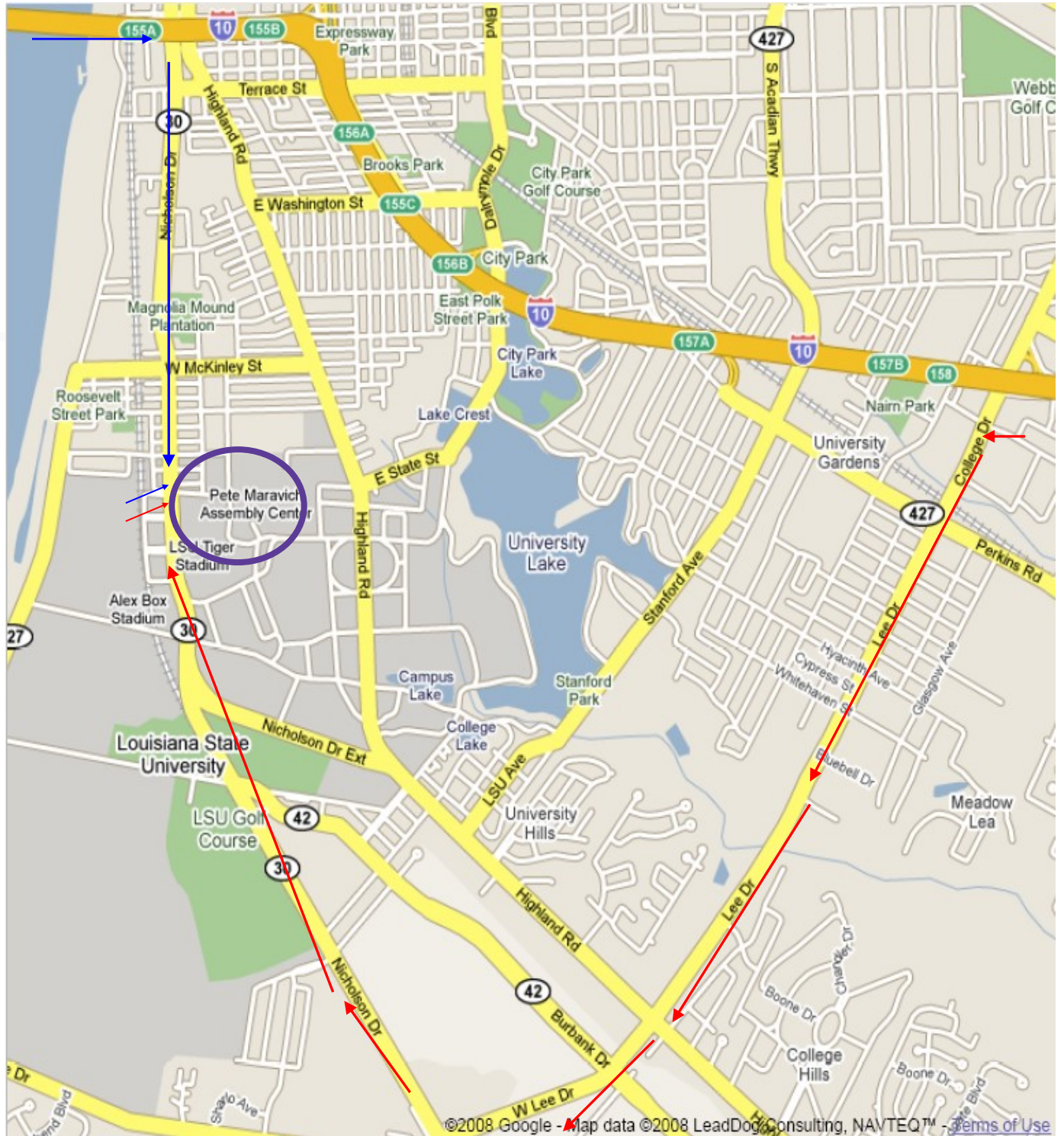
- From N. Stadium Dr. take a right onto Nicholson Dr.
- Proceed on Nicholson Dr. until reaching Interstate-10
- Turn right to merge onto Interstate 10 West toward Lafayette/Port Allen

## ***Coming from the Pete Maravich Assembly Center to the Baton Rouge Metropolitan Airport:***

- From N. Stadium Dr. take a right onto Nicholson Dr.
- Proceed on Nicholson Dr. until reaching Government St.
- Take a right onto Government St.
- Proceed on Government St. until reaching I-110
- Turn left onto I-110 towards N. Baton Rouge
- Take I-110 to Exit 6 for LA 408W toward Metro Airport/Southern University
- Turn right at Veterans Memorial Blvd.
- Turn right at Captain Ryan Dr. (signs for Rental Car Return/Terminal Bldg./Terminal Parking)

# ***DIRECTIONAL MAP***

*\* Corresponds with directions from previous page*



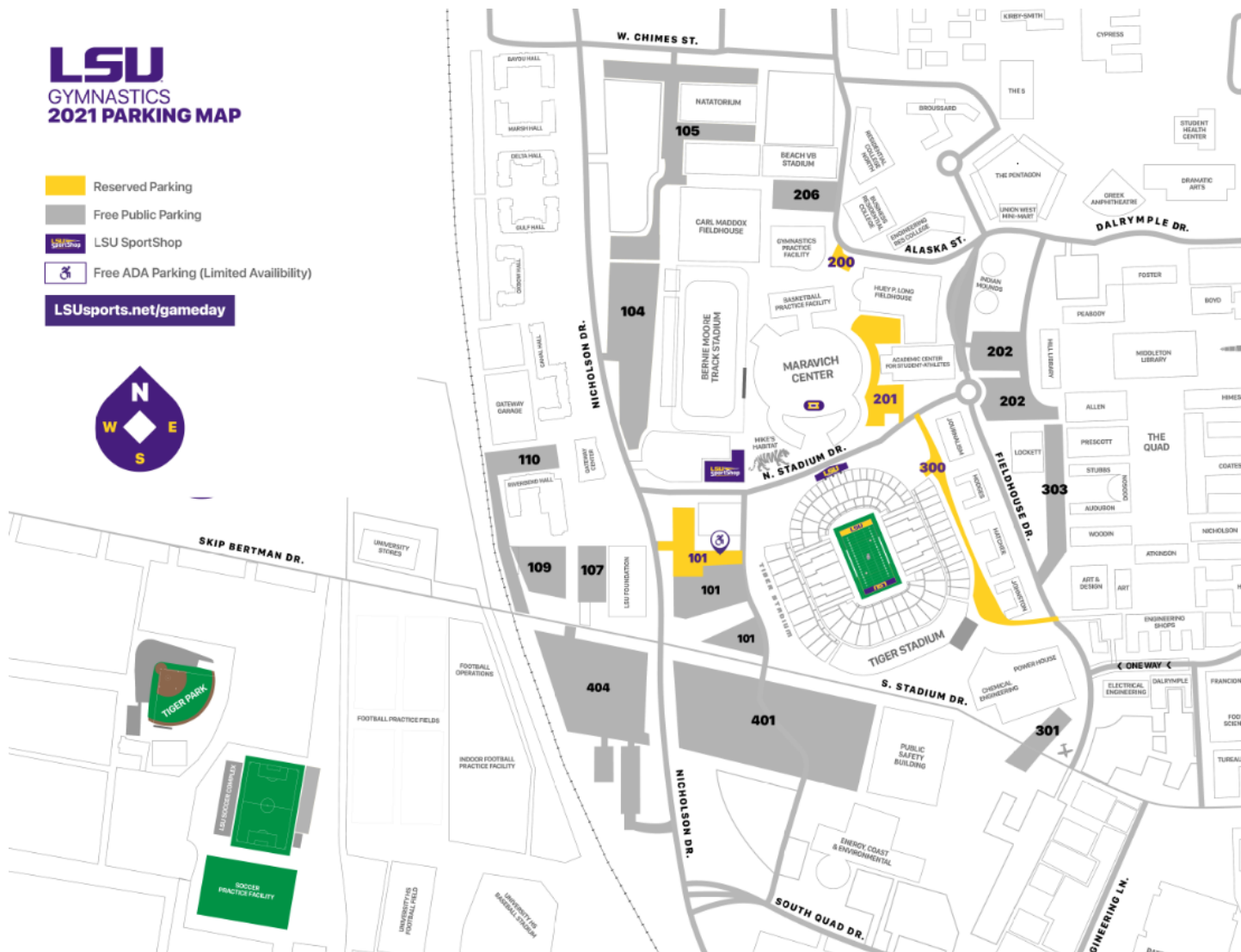


# PARKING MAP

## LSU GYMNASTICS 2021 PARKING MAP

-  Reserved Parking
-  Free Public Parking
-  LSU SportShop
-  Free ADA Parking (Limited Availability)

[LSUsports.net/gameday](https://LSUsports.net/gameday)



### • Parking

- **Team** bus/van parking will be provided near the Lower NE Entrance in the back of Lot 201 off N. Stadium Dr.
- **ADA/Handicap** parking is complimentary and available in Lot 101 - first come, first served.
- **Free** parking is available in Lot 206 north of the PMAC off Cypress Dr., Lots 105 and 104 west of the PMAC and Lot 101 SW of the PMAC and west of Tiger Stadium all off Nicholson Dr.





# GENERAL INFORMATION BATON ROUGE



For information regarding Baton Rouge area hotels, food and attractions, please click on the link below. If there is something specific you are seeking for you teams, please call - we'll be happy to provide recommendations.

## BATON ROUGE VISITOR'S GUIDE

<http://visitbatonrouge.com/>

## TRANSPORTATION

### CHARTER BUSES

Hotard: 1-800-356-6831

Contact: Julie Chalmers

504-274-1751

[juliec@calcohotard.com](mailto:juliec@calcohotard.com)

Dixieland: 225-273-9119

### CAR RENTALS

Avis: 1-800-331-1212

Local Number: 225-355-4721

Budget: 1-800-527-0700

Local Number: 225-355-0312

Enterprise: 1-800-261-7331

Local Number: 225-355-5157

Hertz: 1-800-654-3131

Local Number: 225-357-5222

National: 1-800-227-7368

Local Number: 225-355-5651

### BATON ROUGE AIRPORT

Tiger Airport Shuttle: 225-333-8167

[www.tigerairportshuttle.com](http://www.tigerairportshuttle.com)

BTR Airport Shuttle: 225-933-7107

BTR Airport Information: 225-355-0333

### AIRLINES

American Airlines: 1-800-433-7300

Delta: 1-800-3358241

United: 1-225-356-4409

## RECOMMENDED HOTELS

### Renaissance Baton Rouge

7000 Bluebonnet Blvd.

Baton Rouge, LA 70810

225-215-7000

9.0 miles

[www.marriott.com](http://www.marriott.com)

### Hilton BR Capital Center

201 Lafayette Street

Baton Rouge, LA 70801

225-344-5866

2.6 miles

[www.hilton.com](http://www.hilton.com)

### Baton Rouge Marriott

5500 Hilton Ave.

Baton Rouge, LA 70808

225-924-5000

3.0 miles

[www.marriott.com](http://www.marriott.com)

### Embassy Suites Hotel

4914 Constitution Ave.

Baton Rouge, LA 70808

225-924-6566

3.0 miles

[www.embassysuites.com](http://www.embassysuites.com)

### Crown Plaza

4728 Constitution Ave.

Baton Rouge, LA 70808

225-925-2244

3.8 miles

[www.crownebaton.com](http://www.crownebaton.com)

### Hampton Inn & Suites - Downtown

462 Lafayette Street

Baton Rouge, LA 70801

225-382-2100

3.0 miles

[www.hamptonbatonrouge.com](http://www.hamptonbatonrouge.com)



# GENERAL INFORMATION BATON ROUGE

## 24 HR PHARMACIES

### CVS

5360 Highland Rd.  
225-757-1023  
[www.cvs.com](http://www.cvs.com)

### Walgreen's

3550 Government Street  
225-343-8878  
[www.walgreens.com](http://www.walgreens.com)

### Walgreen's

5112 Essen Lane  
225-769-7224  
[www.walgreens.com](http://www.walgreens.com)

## RECOMMENDED RESTAURANTS

### Tio Javis Mexican Restaurant

4738 Constitution Ave.  
Baton Rouge, LA 70808  
225-924-0377  
Troy Duhon—General Manager

### TJ Ribs

2324 Arcadian Thruway  
Baton Rouge, LA 70808  
225-383-7427  
Jim Howard—General Manager

### Acme Oyster House

3535 Perkins Rd.  
Baton Rouge, LA 70808  
225-906-2372  
Ryan Nizzo—General Manager

### Outback Steakhouse

2415 South Acadian Thruway  
Baton Rouge, LA 70808  
225-927-9488  
Rober Alamire—Proprietor

### Carrabba's Italian Grill

7275 Corporate Blvd.  
Baton Rouge, LA 70809  
225-925-9999  
Sean Edwards—Proprietor

### Ruffino's

18811 Highland Rd.  
Baton Rouge, LA 70809  
225-753-3458

### Walk Ons

3838 Burbank Dr  
Baton Rouge, LA 70808  
225-757-8010

## FAST FOOD

### Raising Cane's

202 W. Lee Drive  
225-769-0750  
2.8 miles  
[www.raisingcanes.com](http://www.raisingcanes.com)

### Chick-fil-a

3023 College Drive  
225-929-6055  
4.4 miles  
[www.chick-fil-a.com](http://www.chick-fil-a.com)

### Taco Bell

4220 Burbank Drive  
225-763-6881  
1.1 miles  
[www.tacobell.com](http://www.tacobell.com)

### Burger King

3100 Highland Rd.  
225-283-8234  
1.3 miles  
[www.bk.com](http://www.bk.com)

### Papa John's Pizza

257 Lee Drive  
225-765-7272  
1.8 miles  
[www.papajohns.com](http://www.papajohns.com)

### Jack in the Box

3255 Highland Rd  
225-343-6091  
1.7 miles  
[www.jackinthebox.com](http://www.jackinthebox.com)

### Subway

4250 Burbank Drive  
225-767-7484  
0.7 miles  
[www.subway.com](http://www.subway.com)

### Jason's Deli

2531 Citiplace Court  
225-926-7788  
2.8 miles  
[www.jasonsdeli.com](http://www.jasonsdeli.com)

### Jimmy Johns

3043 Perkins Rd.  
225-382-3914  
1.5 miles  
[www.jimmyjohns.com](http://www.jimmyjohns.com)

### McDonald's

4215 Nicholson Drive  
225-769-5291  
1.2 miles  
[www.mcdonalds.com](http://www.mcdonalds.com)

