



PLEASE NOTE THE FOLLOWING COVID-19 RELATED CHANGES

Coaches

Northwest Portal Entryway: Due to the increased number of coaches in one small area, standing will NOT be permitted just inside the Northwest Portal entry way. Coaches in this area will be asked to move to the nearby north side wall.

Northwest Corner/Clerking Area: The entire northwest corner in front of the clerking station and west side wall (past the clerking station) will be designated for athletes only.

Online Entries: All entries will be done separately for DI and DII through www.DirectAthletics.com. See entry procedure in the meet information.

LHSAA Card: Coaches & team staff will be required to show their LHSAA card along with a photo ID in order to receive a wristband that will provide entry into the Carl Maddox Fieldhouse.

Seating: The purple bleachers will only be available for coaches in order to adhere to the capacity regulations.

Team Camps: Coaches must plan on establishing team camps outdoors in the Bernie Moore Track Stadium stands or nearby grass field (see team camp).

Additional Precautions

Fans/family/Spectators: Will not be allowed entry into the Carl Maddox Fieldhouse (indoor track).

Watch Online: Register to watch track AND field events online at <https://rebrand.ly/watchlsu>

Non Competing Athletes: Will be asked to remain outside the Carl Maddox Fieldhouse until it is their time to check in and compete.

Updates: These changes are part of an ongoing process as we continue to improve the way we safely conduct our indoor track and field meets. Continue to monitor our website for any additional announcements up until the meet day at www.LSUsports.net/meetinfo

Face Coverings

All individuals who access the team camp, warm up and competition areas shall be required to wear a face covering ("mask or neck gaiter" herein after) other than student-athletes who are engaged in competition. The proper use of a mask/neck gaiter as a mitigation strategy requires that the mask/neck gaiter must completely cover both the nose and mouth such that neither nostrils nor the tip of the nose is visible.

Running Events

Check in: See the time schedule for appropriate times to check in before each event. (check back the week of the state meet)

Crates Area: Athletes should not to leave any loose items in the crates. Place all belongings **inside** a personal shoe bag or drawstring bag located behind the 60m start line.

Call to starting line: Athletes have the option to discard their mask at this time. Masks will **not** be saved at the starting line area and must be discarded in the trash **by the athlete if** choosing not to hold or race with it on. Athletes should bring at least **1 mask for each event** they are entered in if they plan on discarding their mask at the starting line. As an alternative to discarding or holding a mask for each race, athletes are encouraged to use a **NECK GAITER** since it can easily be pulled down during a race without being held.

Post-race: Athletes must immediately proceed back to the crates area to collect their belongings and immediately exit out of the southwest portal. Warm ups and shoes are to be put back on **outside**.

Field Events

Check in: See the time schedule for appropriate times to check in before each event. (check back the week of the state meet)

Designated areas: Officials and athletes will have separate designated areas on the infield for each field event. Field event athletes will be asked to social distance and remain in athlete only designated areas with masks on while they wait for their turn to compete/warm up.

Post-attempt: Athletes must proceed directly to their athlete area, social distance and face mask up until their next attempt.



Important Dates & Deadlines

All times listed are Central Time (CST)

Monday, February 15th	6:00pm	Final descending order list available on the rankings page at www.DirectAthletics.com
Tuesday, February 16th	6:00am	Declaration period begins on www.DirectAthletics.com
Wednesday, February 17th	11:30pm	Deadline for declaring athletes for the LHSAA Indoor Championship
Thursday, February 18th	9:00pm	Accepted athletes & relay teams in heat sheet form will be posted at www.LSUsports.net/meetinfo
Saturday, February 20th	8am-2:30pm	Packet pickup available at the Bernie Moore Stadium Ticket Office

Qualifying Information

Eligibility This meet is only open to LHSAA schools. The following are NOT permitted:

- Out of state schools
- Club teams
- Unattached entries

Performance List **It is the school's responsibility to examine the LHSAA performance list after each eligible competition during the indoor season to make sure their athlete's marks have been posted.** The list can be found at www.DirectAthletics.com, Rankings, High School, LHSAA Division 1 or 2 (2021).

The descending order list shows all athletes and relay teams eligible for the championship. There will be more athletes/relay teams on the list than will be accepted. This is so spots can be filled if athletes scratch. The athletes/relay teams with the best marks in each event who declare will be accepted into the meet.

Legal Qualifying Meets Entry marks must be achieved at the;

- 2021 High School Classic (January 9)
- 2021 LSU High School Qualifier (January 30)
- 2021 LSU High School Last Chance Qualifier (February 6)

Marks from any other meets will not be accepted. All entry times must be fully automatic.

Entry Information

Entry Limitations Individual Events: 2 athletes per school. An athlete may not be entered in more than 4 events.
Relay Events: Each school may only enter one relay team in each relay event.

Field Size Field sizes will be as follows, for each gender and division:
60 Meters, 60 Hurdles & All Field Events - 16
400, 800, 1600 & 3200 Meters & All Relays - 12
Meet management will determine participants and may change the above numbers slightly in case of ties.

Declaration Procedure All declarations will be done through www.DirectAthletics.com. Using the normal DirectAthletics entry procedure, enter any athlete/relay who desires to compete at the meet, regardless of their position on the descending order list. You will not be able to enter athletes/relays who are not on the performance list and are not eligible to be entered. Athletes or relays that have no intent to compete in an event can be scratched simply by failing to enter them.

An athlete/relay who is ranked at a position below the cutoff for designated field sizes but who wishes to compete should be entered. The athlete/relay may be able to compete if other, higher ranking athletes/relays scratch or fail to declare.

Athletes/relays who are not entered during this time will be considered scratched and will be replaced immediately.

If you plan to bring alternates for a relay, you must list their names as one of the possibilities on the relay when you declare.

The declaration period is mandatory and your athletes will be scratched and replaced immediately if not declared. We will not have your contact information so we will have no way to remind you.

Accepted Entries & Heat Sheets The heat sheets posted on www.LSUsports.net/meetinfo serve as the accepted entry list. Double check to see which of your athletes were accepted into the meet. Names or relay teams that fail to appear on the list were rejected. **We will not provide free entrance to any athlete who is not qualified to run or has not been properly declared.**

Entry Fees Entry fees are calculated by the number of athletes accepted into the meet at the entry deadline, including those on relay teams and alternates. Entry fees will NOT be adjusted if you fail to bring entered athletes to the meet. Relay team members and alternates must be included on your entry list.

The entry fee is \$150 per school (boys and girls count separately) or \$15 per athlete for schools with less than ten athletes entered.

Payment will be accepted at packet pickup. Only school checks, cash, and money orders will be accepted; purchase orders and personal checks will not be accepted. Make checks payable to **LSU Track & Field Officials Association**. Please do not mail payment.

Late Declarations None. The entry deadline has been extended to Wednesday at 11:30pm.

Due to this extension, there is no need for a late declarations process. All entries must be submitted by Wednesday night at 11:30pm.

Meet Information

Awards	<p>Awards will be given as outlined below:</p> <ul style="list-style-type: none">• Team Championship and Team Runner-Up trophies will be presented for boys and girls in Division I and Division II• Individual awards will be presented to the top 3 places in each event and members of the top 3 relays for both boys and girls divisions <p>Individual awards may be picked up at the awards station 10 minutes after the conclusion of your event. The awards station is located on the infield near the midpoint of the sprint straightaway. Team awards will be presented at the end of the meet.</p>
Bags	<p>All bags will be searched and checked at each entrance.</p> <p>DO NOT LEAVE VALUABLE ITEMS UNATTENDED AT ANY TIME.</p>
Teams/Athletes	<p>Only shoe bags & drawstring bags are permitted inside Carl Maddox Fieldhouse through the team entrance at the Northwest Portal. Water is the only food/beverage item permitted. No food, colored drinks, or bags of excessive size (backpacks, duffel bags, suitcases, coolers) are permitted inside Carl Maddox Fieldhouse. Please only bring minimal items necessary to competition; necessary team supplies may be brought into Bernie Moore Stadium through Gate 2.</p>
Check-In	<p>Running & Relay Events: Athletes must check in before the start of the preceding event at the Clerk of Course, accessible through the Northwest Portal of Carl Maddox Fieldhouse. All athletes must have their spikes checked prior to check-in. Relay teams must turn in a relay card when they check in at the Clerk of Course. 4x200 teams can begin checking in 40 minutes before the scheduled start of the race and must be checked in 20 minutes prior to the scheduled start of the race</p> <p>Field events: Athletes must check in 30 minutes prior to the start of their event with the Head Judge at the event site. All athletes must have their spikes checked prior to check-in.</p>
Coaching Access	<p>Coaches will be able to coach from outside the perimeter of the track everywhere except the start/finish areas and the homestretch. <u>ATHLETES ARE NOT PERMITTED TO CROSS THE TRACK AT ANY TIME TO RECEIVE COACHING.</u> Only coaches with a coach lanyard may coach from the purple bleachers on the homestretch.</p> <p>Coaches with a Pole Vault Coach wristband may sit in the first row of purple bleachers near the Pole Vault pit. <u>No coaches, including Pole Vault coaches, are permitted on the infield at any time.</u></p>
Coaches Wristbands	<p>Louisiana team coaches and support staff must present their LHSAA card along with a photo ID at the Carl Maddox Fieldhouse Ticket Office to receive a wristband. The ticket office is located on the southwest entrance of the fieldhouse (same as packet pick up).</p>
Electronic Devices	<p>No electronic devices will be allowed on the infield or track area of Carl Maddox Fieldhouse or Bernie Moore Stadium. Electrical outlets around the facility are not available for personal use.</p>
Facility	<p>Carl Maddox Fieldhouse on the campus of LSU is a 1,500-seat facility that was renovated in 2014. It is a flat 200-meter Mondo track surface with six 42" wide lanes on the oval and eight lanes on the straightaway. The facility contains two wooden horizontal jumps runways. The throwing circles are plywood.</p>
Food/Drink	<p>No outside food or drink will be permitted in Carl Maddox Fieldhouse. All team food and drink must be kept in the bleachers at Bernie Moore Stadium. Only water is permitted on the rubber surface at both the indoor and outdoor track.</p>
Heat Sheets	<p>Heat sheets will be posted at www.LSUsports.net/meetinfo and will serve as the accepted</p>

- & Live Results** entry list. A copy will also be in your packet at check in. Individual event results will be posted at results.deltatiming.com/lsu. Final results will be available from the press box after the meet and will be posted on results.deltatiming.com/lsu.

- Meet Admission** Athletes: Enter at Northwest portal by presenting your wristband.

Coaches: Enter at Southwest portal by presenting your wristband.

SPECTATORS: WILL NOT BE ALLOWED ENTRY.

- Packets** Team packets will include heat sheets, time schedule, wristbands for athletes, a Pole Vault Coach wristband, and a coach lanyard for access to the purple bleachers. **Wristbands serve as entry into the facility. Athletes, coaches and support staff will be charged \$15 to replace a lost wristband.**

- Parking** Parking is available at the Bernie Moore Lot (lot 104) off Nicholson Drive. Buses may drop off and pick up along Chimes Street North of the Fieldhouse in the designated area; see attached bus routing map. Buses may not stage along Chimes Street, please call your bus driver when your team is ready to be picked up. Bus parking will be in the designated lot off Skip Bertman Drive. Any illegally parked vehicles may be subject to ticketing and towing.

- Pole Vault Certification** Pole certification will take place in the Northwest Portal of Carl Maddox Fieldhouse. It will begin 90 minutes prior to the start of the respective competition and terminate 10 minutes prior to the start of the event. Certification will only take place for the current event.

Pole vault athletes will need to bring the LHSA approved Pole Vaulters Weight Verification Form signed by the coach, athletic director, and the principal. See the attached form for further details.

After certification, the athlete will be permitted to bring poles to the competition site. Coaches are not allowed on the infield at any time. Poles may be stored in the Northwest Portal on the pole vault rack.

- Preferred Lanes** For the 200m/400m, preferred lanes are 4-5-6-3-2-1. For the 60m/60m Hurdles, preferred lanes are 5-6-4-3-7-2-8-1.

- Qualifying** Running Events: In the 60 Meter and 60 Meter Hurdles, there will be 2 rounds (semifinal and final) of competition. The top 8 times from the semifinals will advance to the final round. All other events will be contested on a basis of sections by time.

Field Events: In the Long Jump, Triple Jump, and Shot Put, each athlete will be given 3 attempts in the trials. The top 7 from the trials will be taken to a final immediately following for 3 additional attempts.

- Restrooms** Portable restrooms will be available outside the Northwest and Southwest portals of Carl Maddox Fieldhouse. There are no shower or changing facilities available. Coaches wearing the lanyard can access the permanent restrooms in the Southeast corner of the facility.

- Running Events** In all races 800 Meters and further, an athlete will be removed from the track if they are lapped. A minimum of 10 runners will remain in the race at all times. No runners will be removed from the track during the last two laps.

- Scoring** Two divisions: Division I (classes 5A and 4A) and Division II (classes 3A, 2A, A, B, and C). Each division will have scored boys and girls sections. For individual and relay events, 6 places will score points as follows: 10-8-6-4-2-1.

- Shot Put Weigh-In** Shot Put inspections will be held in the Implement Weigh in Room inside the Northwest Portal of Carl Maddox Fieldhouse on Saturday during the following times:

Girls (4 kilograms)	Boys (12 pounds)
Division II 12:45am-1:15pm	Division II 1:30pm-2:30pm

Implements will be transported to the event site 30 minutes prior to the scheduled start of competition. **Athletes will only be permitted to use soft type shots. LSU will not provide any shots.**

Sports Medicine Trainers will be available in the Northeast Portal of Carl Maddox Fieldhouse for emergencies only. No other athletic training services will be provided.

Starting Heights Starting heights and vertical jump progressions will be determined by meet management after examining entries.

Tape Tape for any marking on the track must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified.

Team Camps Team camps without tents may be set up in the bleachers at the Bernie Moore Stadium (outdoor track). Access to Bernie Moore Stadium will be available through Gate 2 near packet pickup. Teams may set up team tents in the open grass field between the Carl Maddox Fieldhouse and E Hwy 30. **Team camps will not be permitted along the west walkway or near any exits surrounding the Carl Maddox Fieldhouse.**
DO NOT LEAVE VALUABLE ITEMS UNATTENDED AT ANY TIME.

Team Seating **Team seating will not be available inside the Carl Maddox Fieldhouse.** See the above sections as they relate to; team camps, coaches' access, coaches' wristbands and check in procedures.

Time Schedule Running event times published on the final time schedule are approximate; a rolling time schedule will be run. Coaches should prepare their athletes for this rolling schedule and for possible advances or delays.

Uniform Rules The uniform rules of the LHSAA will be enforced.

Warm Ups The Bernie Moore (outdoor) Track Stadium will be used as the main warm up area for all athletes. Limited space will be available for runouts indoors, so athletes should be completely prepared before entering the clerking area.

Field Events: Athletes will have access to field event venues for warm ups approximately 30 minutes prior to the scheduled start of competition (60 minutes for Pole Vault). Warm ups for field events will be terminated 10 minutes prior to the scheduled start of the event.

Further Information For further information, contact the LSU Track & Field Office at (225) 578-8627.

Louisiana State University, the Athletics Department, and Event Management are not responsible for any lost or stolen items. Please leave all valuables and personal items at home. LSU Athletics does not provide security for monitoring personal belongings.

Event Schedule & Check in Times

In order to control the number of people in the building, athletes will not be allowed to enter the Fieldhouse until the check in time for their assigned heat/flight

Field Events

Event Start	Event	Division	Check In Time
10:00am	Girls Pole Vault	1	9:15am
11:00am	Girls High Jump	2	10:15am
11:00am	Girls Shot Put	1	10:15am
12:00pm	Boys Long Jump	2	11:15am
12:00pm	Girls Long Jump	2	11:15am
12:15pm	Boys Shot Put	1	11:30am
12:30pm	Girls Pole Vault	2	11:45am
1:00pm	Boys High Jump	2	12:15pm
1:15pm	Boys Long Jump	1	12:30pm
1:15pm	Girls Long Jump	1	12:30pm

Event Start	Event	Division	Check In Time
1:45pm	Girls Shot Put	2	1:00pm
2:45pm	Boys Triple Jump	2	2:00pm
2:45pm	Girls Triple Jump	2	2:00pm
3:00pm	Boys Shot Put	2	2:15pm
3:00pm	Girls High Jump	1	2:15pm
3:00pm	Boys Pole Vault	1	2:15pm
4:00pm	Boys Triple Jump	1	3:15pm
4:00pm	Girls Triple Jump	1	3:15pm
5:00pm	Boys High Jump	1	4:15pm
5:30pm	Boys Pole Vault	2	4:45pm

Running Events

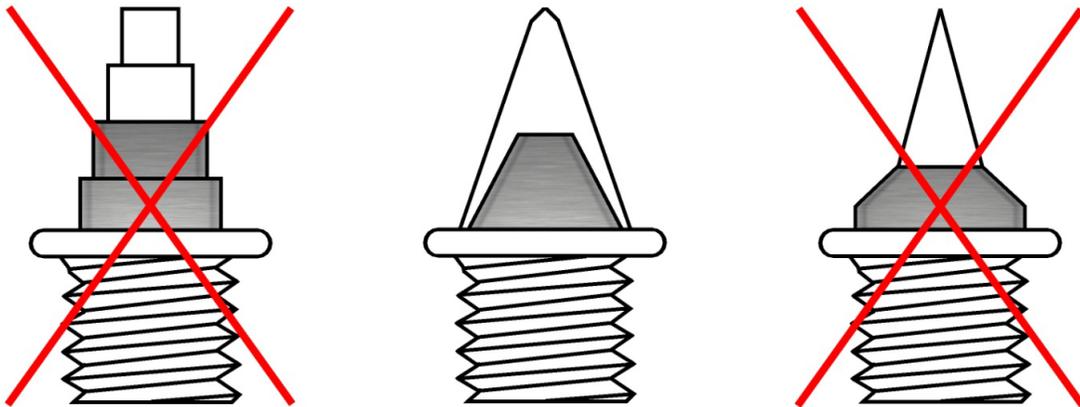
Event Start	Event	Heat	Check In Time
2:00pm	Girls 4x200 Division 2	1	1:40pm
2:04pm	Girls 4x200 Division 2	2	1:44pm
2:09pm	Girls 4x200 Division 1	1	1:49pm
2:13pm	Girls 4x200 Division 1	2	1:53pm
2:18pm	Boys 4x200 Division 2	1	1:58pm
2:22pm	Boys 4x200 Division 2	2	2:02pm
2:27pm	Boys 4x200 Division 1	1	2:07pm
2:31pm	Boys 4x200 Division 1	2	2:11pm
2:35pm	Girls 1600 Division 2	1	2:20pm
2:43pm	Girls 1600 Division 1	1	2:28pm
2:50pm	Boys 1600 Division 2	1	2:35pm
2:57pm	Boys 1600 Division 1	1	2:42pm
3:05pm	Girls 60 Hurdles Division 2	1	2:50pm
3:07pm	Girls 60 Hurdles Division 2	2	2:52pm
3:10pm	Girls 60 Hurdles Division 1	1	2:55pm
3:12pm	Girls 60 Hurdles Division 1	2	2:57pm
3:16pm	Boys 60 Hurdles Division 2	1	3:01pm
3:18pm	Boys 60 Hurdles Division 2	2	3:03pm
3:21pm	Boys 60 Hurdles Division 1	1	3:06pm
3:23pm	Boys 60 Hurdles Division 1	2	3:08pm
3:27pm	Girls 60 Division 2	1	3:12pm
3:29pm	Girls 60 Division 2	2	3:14pm
3:32pm	Girls 60 Division 1	1	3:17pm
3:34pm	Girls 60 Division 1	2	3:19pm
3:37pm	Boys 60 Division 2	1	3:22pm
3:39pm	Boys 60 Division 2	2	3:24pm
3:42pm	Boys 60 Division 1	1	3:27pm
3:44pm	Boys 60 Division 1	2	3:29pm
3:47pm	Girls 800 Division 2	1	3:32pm
3:51pm	Girls 800 Division 1	1	3:36pm
3:55pm	Boys 800 Division 2	1	3:40pm
3:59pm	Boys 800 Division 1	1	3:44pm

Event Start	Event	Heat	Check In Time
4:04pm	Girls 400 Division 2	1	3:49pm
4:06pm	Girls 400 Division 2	2	3:51pm
4:09pm	Girls 400 Division 1	1	3:54pm
4:11pm	Girls 400 Division 1	2	3:56pm
4:14pm	Boys 400 Division 2	1	3:59pm
4:16pm	Boys 400 Division 2	2	4:01pm
4:19pm	Boys 400 Division 1	1	4:04pm
4:21pm	Boys 400 Division 1	2	4:06pm
4:24pm	Girls 4x800 Division 2	1	4:09pm
4:38pm	Girls 4x800 Division 1	1	4:23pm
4:52pm	Boys 4x800 Division 2	1	4:37pm
5:04pm	Boys 4x800 Division 1	1	4:49pm
5:16pm	Girls 60 Hurdles Division 2	Final	5:01pm
5:19pm	Girls 60 Hurdles Division 1	Final	5:04pm
5:23pm	Boys 60 Hurdles Division 2	Final	5:08pm
5:26pm	Boys 60 Hurdles Division 1	Final	5:11pm
5:30pm	Girls 60 Division 2	Final	5:15pm
5:33pm	Girls 60 Division 1	Final	5:18pm
5:37pm	Boys 60 Division 2	Final	5:22pm
5:40pm	Boys 60 Division 1	Final	5:25pm
5:43pm	Girls 3200 Division 2	1	5:28pm
5:58pm	Girls 3200 Division 1	1	5:43pm
6:13pm	Boys 3200 Division 2	1	5:58pm
6:25pm	Boys 3200 Division 1	1	6:10pm
6:37pm	Girls 4x400 Division 2	1	6:22pm
6:42pm	Girls 4x400 Division 2	2	6:27pm
6:48pm	Girls 4x400 Division 1	1	6:33pm
6:53pm	Girls 4x400 Division 1	2	6:38pm
6:59pm	Boys 4x400 Division 2	1	6:44pm
7:04pm	Boys 4x400 Division 2	2	6:49pm
7:10pm	Boys 4x400 Division 1	1	6:55pm
7:15pm	Boys 4x400 Division 2	2	7:00pm

FACILITY REGULATIONS

SPIKES

- All spikes must be checked outside at Gate 13 of Bernie Moore Track. Spikes must be checked prior to accessing Bernie Moore Track or entering Carl Maddox Fieldhouse. Athletes will not be allowed to compete without having their spikes tagged. Any athletes competing with non-tagged spikes will be disqualified.
- Acceptable spikes:
 - ¼" pyramids



TAPE

- Tape for any marking on the track surface must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified

FOOD & DRINK

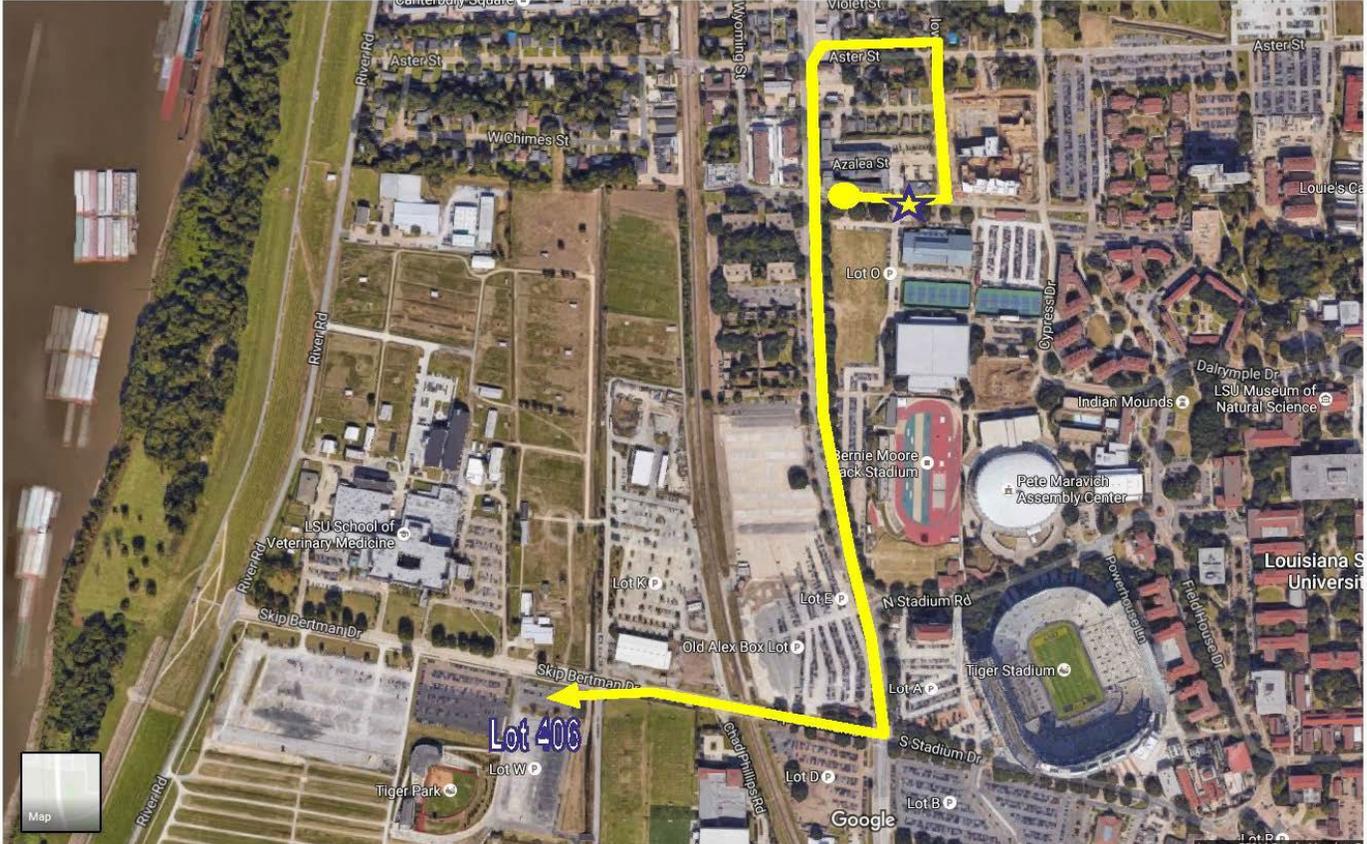
- Water is the only permitted drink allowed on the rubber surface at Bernie Moore Stadium and inside Carl Maddox Fieldhouse
- Team food is only permitted in the bleachers at Bernie Moore Stadium

BAGS

- Only shoe bags/drawstring bags are permitted inside Carl Maddox Fieldhouse. No bags of excessive size (backpacks, duffel bags, suitcases, coolers) are permitted inside the Fieldhouse.



Parking Map & Bus Traffic Flow



Coming from West on Interstate 10:

Take I-10 to the Nicholson Drive/Highland Road exit (Exit 155A). Keep right and turn right onto Terrace Street. Turn left onto Nicholson Drive and proceed 1.5 miles and turn left on West Chimes Street. If you reach North Stadium Drive (and Tiger Stadium) you have gone too far. Bus drop off is on West Chimes Street at the entrance to Lot 105.

Coming from East on Interstate 10:

1) Take I-10 to Highland Road (La. 42, exit 166). Turn left onto Highland Road and proceed 10.5 miles until reaching South Quad Drive on the left. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles just past North Stadium Drive (and Tiger Stadium). Go past Bernie Moore Stadium and Carl Maddox Fieldhouse and turn right on West Chimes Street. Bus drop off is on West Chimes Street at the entrance to Lot 105.

2) Take I-10 to Acadian Thruway (La. 427, exit 157B). Turn left onto Acadian Thwy. and proceed 2.0 miles until reaching Highland Rd. (note that Acadian becomes Stanford Ave. and then LSU Ave.). Turn right onto Highland Road and proceed 0.4 miles until reaching South Quad Drive on the left. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles just past North Stadium Drive (and Tiger Stadium). Go past Bernie Moore Stadium and Carl Maddox Fieldhouse and turn right on West Chimes Street. Bus drop off is on West Chimes Street at the entrance to Lot 105.

Pole Vaulters Weight Verification Form

TO ALL MEMBER SCHOOLS - Member schools will be required to process the **Pole Vaulters Weight Verification Form** listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's Office prior to a pole vaulter's first interscholastic competition.

School _____

	<u>Name of Vaulter</u>	<u>Weight*</u>	<u>Pole Rating</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

***Includes full competition uniform and footwear**

Date _____ Signature of Principal _____

Date _____ Signature of Athletic Director _____

Date _____ Signature of Coach _____

NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

Rule 6-5-19: Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, the use of forearm cover to prevent injuries is permitted. Competitors may use chalk or an adhesive or similar substance such as rosin on their hands or directly on the pole during competition.

Rule 6-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's must include on each pole; the pole rating that shall be a minimum of ¾-inch in a contrasting color, located within or above the top hand hold position; a one-inch circular band indicating the maximum top hand hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements.

Rule 6-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his or her weight during warm-up or competition. NOTE: Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

Rule 6-5-5: Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment as per Rule 6-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of ¾ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band.

Rule 6-5-27h: It is a foul if the competitor grips the pole above the top handhold band.

PLEASE MAKE COPIES - THIS FORM SHOULD BE KEPT ON FILE AND COMPLETED EACH SCHOOL YEAR

Louisiana State High School Indoor Championships

Composite Girls Meet Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.98	Teresa Foster	Huntington (Shreveport)	1991
60 Meters	7.31	Mikiah Brisco	Baton Rouge Magnet	2014
400 Meters	55.99	Tahja Mitchell	West Jefferson	2017
500 Meters	1:18.22	Troquel Eden	Huntington (Shreveport)	1988
800 Meters	2:15.21	Chelsey Jones	Mandeville	2015
1000 Meters	3:12.00	Tiffany Cross	Barbe (Lake Charles)	1988
1500 Meters	4:52.01	Staci Cusimano	Mt. Carmel	1999
1600 Meters	5:03.82	Gabrielle Jennings	First Baptist	2015
3000 Meters	10:39.38	Jackie John	Iowa	1998
3200 Meters	10:51.81	Malia Cali	St. Thomas Aquinas	2008
55 Meter Hurdles (30")	8.03h 8.07	Paulette Calhoun April Sams	John McDonogh (New Orleans) Mandeville	1983 1995
55 Meter Hurdles (33")	8.07	April Sams	Mandeville	1997
60 Meter Hurdles	8.45	Mikiah Brisco	Baton Rouge Magnet	2014
4x200	1:42.49	B. Bargeman S. Richard S. Zenon K. Francis	Northside	2008
4x400	3:58.78	Tea Harris Laila Jackson Najah Gibson Raven Nunnery	John Curtis	2020
4x800	9:47.71	Claire Crosby Olivia Murphy Isabel Baird Chelsey Jones	Mandeville	2016
High Jump	5-9.5	Abigail O'Donoghue	Denham Springs	2017
Pole Vault	13-9.25	Rachel Laurent	Vandebilt Catholic (Houma)	2008
Long Jump	19-6	Myra Combs	Southern Lab	1997
Triple Jump	39-8.50	Danielle Brown	McMain (New Orleans)	1997
Shot Put	46-1.75	Kristian Jackson	Zachary	2017

Louisiana State High School Indoor Championships

Composite Boys Meet Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.22	Jonathon Wade	Evangel Academy (Shreveport)	2002
60 Meters	6.79	Corey Wren	John Curtis	2020
400 Meters	48.15	Ashton Collins	J.S. Clark (New Orleans)	2001
500 Meters	1:06.71	Kevin Cox	West Jefferson (Harvey)	1988
800 Meters	1:55.33	Cyril Grayson	Archbishop Rummel (New Orleans)	2012
1000 Meters	2:36.83	Todd Waguespack	Woodlawn (Baton Rouge)	1989
1500 Meters	4:01.4hc 4:02.02	Paul Arceneaux Mike Moran	Ben Franklin (New Orleans) Sulphur	1983 1990
1600 Meters	4:15.90	Zachary Albright	St. Paul's	2014
3000 Meters	8:34.05	Donnie Bernard	Comeaux (Lafayette)	1990
3200 Meters	9:25.44	Eric Coston	St. Paul's	2016
55 Meter Hurdles	7.24	Ubeja Anderson	Eunice	1992
60 Meter Hurdles	7.96	Tyler Hughes	Dutchtown	2014
4x200	1:28.99	Kendrick Shranklin Travis Minor Calvin Williams Aaron Boone	Catholic (Baton Rouge)	1997
4x400	3:22.90	Ronald Marshall Aaron Collins Myron Weaver Ashton Collins	J.S. Clark (New Orleans)	2002
4x800	8:06.9hc 8:08.37	John Duplessis Henry Gallon Gerald Hebert Anthony Smith Michael Comeaux Ryan Palmisano Matthew Rhorer Joseph St. Cyr	O. Perry Walker (New Orleans) Catholic (Baton Rouge)	1982 2013
High Jump	7-1	J.J. Barton	Lafayette	1996
Pole Vault	18-8.25	Armand Duplantis	Lafayette	2017 2018
Long Jump	24-11.5	Troy Twillie	Slidell	1991
Triple Jump	50-1	Sidnie Celestine	St. Amant	1988
Shot Put	68-6	Arnold Campbell	Airline (Bossier City)	1984