



2021
LSU Alumni Gold
 April 23-24 · Bernie Moore Stadium

UNATTACHED ATHLETES

Only two types of unattached athletes will be considered for this meet: college students and post-collegiate athletes. Unattached athletes must request permission from meet management to enter the meet by **APRIL 18**. Entry standards are listed below and must have been achieved in the window of March 2019 to present.

TO BE CONSIDERED FOR ENTRY:

1. Email toddlane@lsu.edu
2. Include:
 - a. Event(s) desired to enter
 - b. Event performance, with verification of entry performance (link to results).

ENTRY PROCESS:

3. If accepted, a password for entry in www.DirectAthletics.com will be emailed to you to register and pay for entry. This requires an individual account with directathletics.com. LSU cannot help you with setting up your account, this is the athlete responsibility.
4. The entry fee is \$50 and is non-refundable and is paid on directathletics.com. College students entry fee is \$5.

FINAL SCHEDULE & WRIST BAND PICK UP

5. A final schedule will be posted on lsusports.net/meetinfo by April 15.
6. Wristband pick up for entry into the facility will be from 8:00am to 12:00 on Saturday at Carl Maddox Fieldhouse Ticket Office. A wristband will only be provided to the athlete. No coach's wristbands will be made available.

COVID TEST:

A negative COVID test, completed between April 21-23 must be provided. Email result directly to toddlane@lsu.edu in a PDF format. The date, result and athlete name must be visible. Failure to provide this information will result in the athlete not being able to participate.

Event	Women's Standard	Men's Standard
100 m	11.25	10.15
200 m	23.00	20.35
400 m	52.00	45.60
800 m	2:05	1:48
1500 m	4:15	3:42
5000 m	15:45	13:25
100/110h	13.00	13.60
400 h	57.50	50.50
3000 Sc	10:10	8:45
HJ	1.83m	2.20m
PV	4.45m	5.60m
LJ	6.55m	7.85m
TJ	13.30m	16.45m
SP	17.20m	20.35m
DT	56.00m	60.00m
HT	65.00m	67.00m
JT	50.00m	70.00m