

Meet Information



TRACK AND FIELD

LSU TRACK AND FIELD



2008 LSU Track and Field Meet Information

INDOOR

<u>Date</u>	<u>Meet</u>	<u>Format</u>
January 19	Purple Tiger Invite	Invitational
Jan. 31- Feb 1	LSU Combined Events	Open- Limited
February 1	Bayou Bengal Invite	Invitational
February 22	LSU Twilight	Invitational
March 7	LSU Qualifier Invitational	Open

OUTDOOR

<u>Date</u>	<u>Meet</u>	<u>Format</u>
March 28-29	LSU Relays	Open
April 10-11	Tiger Combined Events	Open- Limited
April 12	Tiger Invitational	Invitational
April 19	LSU Alumni Gold	Open

- Open meets are available to all who would like to enter.
- Open-Limited meets have field size limits.
- Invitational meets are closed meets to invited teams only.

Interested individuals or teams in open-limited meets or invitational meets should email Todd Lane at toddlane@lsu.edu about possible participation.

All meet specific information is posted on the Track and Field page at www.lsusports.net

LSU Alumni Gold Invitational
April 19, 2008
Bernie Moore Track Stadium-- Baton Rouge, Louisiana

Entry Information and Instructions

Entry Procedure

1. All entries will be done electronically through www.directathletics.com. A link to this site can also be found by accessing www.lsusports.net, clicking on Track and Field, then on 2008 Meet Info.
2. Entry Deadline is 11:30 PM, Tuesday, April 15. Entries may be made as early as Sunday, April 13. You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.

Entry Fees

1. Entry fees are \$200 per team (men and women are considered separate teams).
2. This fee must be paid prior to the meet at packet pickup.
3. Checks should be made payable to LSU Athletic Department.
4. This entry fee will provide tickets for all athletes and 5 extra passes for coaches and support staff per gender.
5. **Unattached athletes** must make payment online at www.directathletics.com with a credit card.

Entry Restrictions

Number Restrictions

Relays:	2 teams per school
100 Meters:	unlimited entries
100/110 Meter Hurdles:	unlimited entries
200 Meters:	3 per school
400 Meters, 400 Hurdles:	3 per school
800 Meters:	3 per school
1500 Meters:	unlimited entries
3000 Steeplechase	unlimited entries
5000 Meters:	unlimited entries
All Field Events:	3 entries per school

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Meet Information

MEET SITE

Bernie Moore Track Stadium is a 5,280-seat facility with two tracks, a 400-meter oval and an interior sprint/hurdle straightaway. Both tracks have nine 42" lanes. Field event areas include three dual directional horizontal jump runways, four dual directional pole vault runways, two shot put areas including six circles, and a multi-purpose high jump area within the oval capable of contesting three high jump competitions at once. At the south end are a synthetic javelin runway, two hammer/discus rings and cages, and two additional discus rings and cages. Bernie Moore Track Stadium is located on the LSU Campus off Nicholson Drive.

PARKING

Parking is available at Bernie Moore Track Stadium off Nicholson Drive, and in the lot at Tiger Stadium.

PACKET PICKUP

Coaches should pick up their team's meet packet prior to competing Saturday from 8:30 AM to 2:00 PM at Gate 2 (athletes and coaches entrance) at the northwest corner of Bernie Moore Track.

MEET PACKETS

Team packets will include heat sheets, time schedule, coaches infield passes, meet tickets for athletes, and five additional meet tickets for coaches and support staff per gender.

MEET ADMISSION

Athletes and Coaches: Enter at Gate 2 by presenting your meet ticket.

General Public: Enter at Gate 3. Admission cost is \$5, \$3 for children aged 12 and under.

DRESSING FACILITIES

Locker room and shower facilities are available in the Fieldhouse for both men and women during meet hours. You must furnish your own towels.

TRAINING AREA

Trainers will be available in the Maravich Assembly Center Training Room, near the backstretch of Bernie Moore Track, or emergencies. Team Trainers will be allowed to set up on the concourse behind Sections 10 and 11 in the lower deck of Bernie Moore Stadium.

SEATING

Athletes and coaches must only use sections 1, 2, 10 and 11 in the lower deck. Other sections are reserved for ticket holders.

TIME SCHEDULE

A copy of the tentative time schedule is enclosed. Running event times are approximate. A revised schedule will be in your packet, and will be posted on the web site www.lsusports.net Thursday, April 17 at 8:00 PM. Go to Track and Field and click on LSU Alumni Gold Heat Sheets.

UNATTACHED ENTRIES

Unattached athletes should obtain a password for entry from the LSU Track and Field Office by emailing toddlane@lsu.edu. After obtaining this password, unattached athletes should enter the meet through Direct Athletics at www.directathletics.com. Phone calls will not be accepted or returned. Follow onscreen instructions to enter. In accordance with NCAA rules, high school athletes or high school aged athletes are not allowed to compete. A credit card will be required, and the \$20 entry fee must be paid online as part of the entry process. Athletes who have not entered and prepaid the entry fee in this manner will not be allowed to enter or compete. Unattached athletes should pick up their packets Saturday between the hours of 8:30 AM to 2:00 PM at Gate 2, and bring their printed receipt indicating payment from Direct Athletics in case of difficulty.

SPECIAL MEET RULE(S)

- No radios or portable stereos will be allowed through the gates of Bernie Moore Track Stadium. Please remind your athletes of this policy. (Walkman-type individual radios are OK.)

HEAT SHEETS & RESULTS

Heat sheets will be posted on the web site www.lsusports.net Thursday, April 17 at 8:00 PM. Go to Track and Field and click on LSU Alumni Gold Heat Sheets. They will also be in your packet at check in. Individual event results will be posted near Gate 2 near the south end of Bernie Moore Stadium. Final results will be available from the press box after the meet, and will be posted on the same web site.

RELAY CARDS

Relay teams should pick up a relay card in the Clerking area, fill it out, and turn it in to the clerk of course. This constitutes the checking for the relay event.

ATHLETE CHECK-IN

Running Events: Athletes must check in one event prior to their own event at the check-in area (Clerk of Course, in the Northwest Portal).

Field events: Athletes must check in 15 minutes prior to the start of their event with the Head Judge of that event at the event site.

Relay Events: Relay teams should check in one event prior to their own event at the clerk of course at Gate 1. This gate is located at the northwest corner of Bernie Moore Track near the Southeast Portal of the Fieldhouse. Relay teams should pick up a relay card in the Clerking area, fill it out, and turn it in to the clerk of course.

QUALIFYING

All running events will be multiple section finals against time. In the field events, the top 9 marks for the preliminary rounds will advance to the finals.

SCORING

This will be a non-scoring meet.

IMPLEMENT WEIGH-IN

Implement inspections will be held in the weigh in facility, located in the LSU Track and Field Pavilion and accessible through Gate 1B. Inspections for all throwing events will begin at 8:30 AM, and will terminate one hour prior to the scheduled start of competition in each throwing event. Implements will be transported to the event site one hour prior to the scheduled start of competition.

STARTING HEIGHTS

Approximate Starting Heights in the vertical jumps are as follows. Men's High Jump: 6-4; Women's High Jump, 5-2; Men's Pole Vault, 14-6; Women's Pole Vault, 9-6.

WARMUPS

Running Events: Warm ups for all running events will be inside the LSU Fieldhouse or on the adjacent grass field.

Field Events: Athletes will have access to field event venues for warm ups approximately 45 minutes prior to the scheduled start of competition. Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event. In the high jump, tape measures may not be used within 30 minutes of the start of competition.

FURTHER INFORMATION

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

LSU Alumni Gold Invitational
April 19, 2008
Bernie Moore Track Stadium-- Baton Rouge, Louisiana
(REVISED 4.17.08)

Time Schedule

Time	Event	Division	Round	
Advance				
Field Events*****				
11:30 AM	Long Jump	Men	Trials & Finals	9
11:30 AM	Long Jump	Women	Trials & Finals	9
11:30 AM	Hammer	Men		
11:30 AM	Hammer	Women	Trials & Finals	9
12:30 PM	Pole Vault	Women	Final	
2:00 PM	Discus	Men	Trials & Finals	9
2:00 PM	Discus	Women	Trials & Finals	9
2:30 PM	High Jump	Men	Final	
2:30 PM	High Jump	Women	Final	
3:00 PM	Triple Jump	Women	Trials & Finals	9
3:00 PM	Triple Jump	Men	Trials & Finals	9
3:30 PM	Pole Vault	Men	Final	
4:00 PM	Javelin	Women	Trials & Finals	9
4:00 PM	Shot Put	Men	Trials & Finals	9
6:00 PM	Javelin	Men	Trials & Finals	9
5:45 PM	Shot Put	Women	Trials & Finals	9
Running Events*****				
2:00 PM	3000 Steeplechase	Women	Final	
2:15 PM	3000 Steeplechase	Men	Final	
2:30 PM	4x100 Relay	Women	Final (Heats Against Time)	
2:40 PM	4x100 Relay	Men	Final (Heats Against Time)	
2:50 PM	1500 Meters	Women	Final (Heats Against Time)	
3:05 PM	1500 Meters	Men	Final (Heats Against Time)	
3:25 PM	100 Hurdles	Women	Final (Heats Against Time)	
3:40 PM	110 Hurdles	Men	Final (Heats Against Time)	
3:55 PM	400 Meters	Women	Final (Heats Against Time)	
4:15 PM	400 Meters	Men	Final (Heats Against Time)	
4:35 PM	100 Meters	Women	Final (Heats Against Time)	
4:50 PM	100 Meters	Men	Final (Heats Against Time)	
5:05 PM	800 Meters	Women	Final (Heats Against Time)	
5:20 PM	800 Meters	Men	Final (Heats Against Time)	
5:35 PM	400 Hurdles	Women	Final (Heats Against Time)	
5:45 PM	400 Hurdles	Men	Final (Heats Against Time)	
6:05 PM	200 Meters	Women	Final (Heats Against Time)	
6:20 PM	200 Meters	Men	Final (Heats Against Time)	
6:40 PM	5000 Meter Run	Women	Final	
7:00 PM	5000 Meter Run	Men	Final	
7:20 PM	4x400 Meter Relay	Women	Final (Heats Against Time)	
7:30 PM	4x400 Meter Relay	Men	Final (Heats Against Time)	