

Meet Information



LSU TRACK AND FIELD

LSU Alumni Gold Invitational
April 23, 2011
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 2011 Meet Info.
2. Entry Deadline is 3:00 PM, Tuesday, April 19. Entries may be made as early as Sunday, April 17. 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.
- PLEASE READ ENTRY INFORMATION BELOW FOR ENTRY DEADLINES FOR UNATTACHED ENTRIES.**

Entry Standards

1. All entries to the Alumni Gold Invitational, must have achieved the minimum entry mark below during the 2010 or 2011 season.
2. Entry marks should be based on 2011 best mark.
3. Entry marks will be verified through the TFRRS on line system.
4. Any entry mark that does not meet the entry minimum will be rejected.
5. Relay entry- All teams will be allowed one relay entry. Any additional relay entries must meet entry standards.

	WOMEN	MEN
100 meters	11.95	10.55
200 meters	24.70	21.60
400 meters	56.00	48.00
800 meters	2:17.00	1:55.00
1500 meters	5:05.00	4:05.00
100/110 meter hurdles	14.60	14.65
400 meter hurdles	1:03.00	54.50
3000 meter steeplechase	12:00.00	10:00.00
5000 meters	19:15.00	16:00.00
4 x 100 meter relay	46.00	41.00
4 x 400 meter relay	3:45.00	3:15.00
Hammer Throw	140-00	165-00
Discus Throw	130-00	150-00
Javelin Throw	125-00	185-00
Shot Put	45-0	50-0
Long Jump	18-0	23-0
Triple Jump	39-0	47-6
High Jump	5-5	6-6
Pole Vault	11-0	15-7

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Meet Information

FACILITY

Bernie Moore Track Stadium on the campus of LSU, is a 5,280-seat, lighted facility that was renovated in 2010. It is surfaced with Mondo FTX, the same surface used in the Beijing Olympics.

FACILITY LAYOUT

The facility contains two tracks, a 400 meter overall and an interior sprint/hurdle straightaway. Both tracks have 9, 48 inch wide lanes.

FIELD EVENTS

Field event areas include two 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 javelin runway, and a hammer/discus ring and cage. Another hammer/discus ring and cage and javelin runway are located in the southwest corner of the facility.

Horizontal take off boards

Long Jump:	9 feet 10 inches (3.00 meters)
Women's Triple Jump:	34 feet 0 inches (10.36 meters)
Men's Triple Jump:	42 feet 8 inches (13.00 meters)

Horizontal length distances

Long Jump:	203 feet	(62 meters)
Women's Triple Jump:	177 feet	(54 meters)
Men's Triple Jump:	170 feet	(52 meters)

Javelin runway lengths

East runway:	117 feet	(35.70 meters)
West runway:	110 feet	(35.00 meters)

PARKING

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

PACKET PICKUP

Coaches should pick up their team's meet packet prior to competing Saturday from 7AM to 10AM 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 after www.lsusports.net Wednesday, April 20 at 8:00 PM. Go to Track and Field and click on LSU Alumni Gold Performance Lists.

UNATTACHED ENTRIES

Unattached entries must:

- 1) Set up an individual account on www.directathletics.com. Please do this in advance of the entry deadline as it takes several days for this to process.
- 2) Email the LSU Track and Field Office with event(s) and entry mark for permission to enter the meet. If permission is granted a password will be emailed.
- 3) Enter on line through the individual account at www.directathletics.com.
- 4) Payment for meet entry of \$20 will be done on line at time of entry. A credit card will be required.

NO PHONE or EMAIL entries will be accepted. DO NOT WAIT UNTIL LAST MINUTE TO REQUEST PASSWORD.

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
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HEAT SHEETS & RESULTS

Performance lists will be posted on the web site www.lsusports.net Wednesday, April 20 after 8:00 PM. Go to Track and Field and click on LSU Alumni Gold Performance Lists. Heat sheets will 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.

PRE MEET PRACTICE

Bernie Moore Track will be available for team practice on Friday, April 22 from 5pm to 7pm based on event scheduling.

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 7:30AM on Saturday, 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, 5-4; Men's Pole Vault, 15-3; Women's Pole Vault, 10-8. Exact starting heights will be determined by meet management after all entries are received.

WARMUPS

Running Events: Warm ups for all running events will be inside the LSU Field House 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.

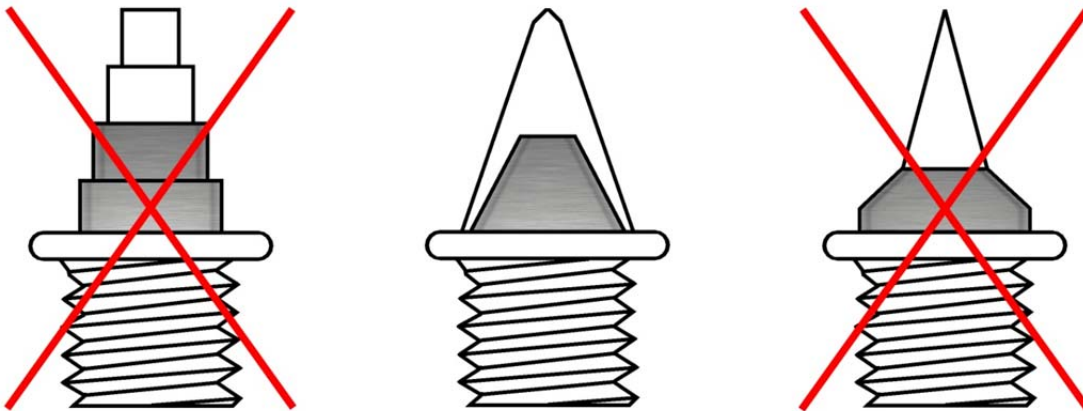
FURTHER INFORMATION

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

FACILITY REGULATIONS

SPIKES

- All spikes must be presented and will be checked at the spike check table. Athletes will not be allowed to compete without having their spikes tagged at the spike check table. Any athletes competing with non-tagged spikes will be disqualified.
- Acceptable spikes:
 - ¼" pyramids



TAPE

- Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk you will be disqualified

HYDRATION

Water is the only permitted drink allowed on the track facility

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FINAL Time Schedule

Time	Event	Division	Round	Advance
SATURDAY, April 17				
Field Events*****				
9:00 AM	Discus (West Ring)	Men	Trials & Finals	9
9:00 AM	Discus (East Ring)	Women	Trials & Finals	9
10:00 AM	Long Jump	Men	Trials & Finals	9
10:00AM	Long Jump	Women	Trials & Finals	9
11:00 AM	Pole Vault	Men	Final	
11:00 AM	High Jump	Men	Final	
11:30 AM	Javelin (West Runway)	Men	Trials & Finals	9
11:30 AM	Javelin (East Runway)	Women	Trials & Finals	9
12:00 PM	Triple Jump	Men	Trials & Finals	9
12:00 PM	Triple Jump	Women	Trials & Finals	9
1:30 PM	High Jump	Women	Final	
2:00 PM	Shot Put	Men	Trials & Finals	9
2:00 PM	Hammer(West Ring)	Women	Trials & Finals	9
2:00 PM	Pole Vault	Women	Final	
2:45 PM	Long Jump Invitational	Women	Trials & Final	9
2:45 PM	Long Jump Invitational	Men	Trials & Final	9
4:00 PM	Shot Put	Women	Trials & Finals	9
4:15 PM	Triple Jump Invitational	Women	Trials & Finals	9
4:15 PM	The Lejuan Simon			
	Triple Jump Invitational	Men	Trials & Finals	9
4:30 PM	Hammer (West Ring)	Men	Trials & Finals	9

Running Events*****

EARLY SESSION

10:30 AM	3000 Steeplechase	Women	Final	
10:45 AM	3000 Steeplechase	Men	Final	
11:00 AM	100 meters	Women	Final (B Sections)	
11:05 AM	100 meters	Men	Final (B Sections)	
11:15 AM	1500 Meters	Women	Final (B Sections)	
11:20 AM	110 Hurdles	Men	Final (B Sections)	
11:30 AM	100 Hurdles	Women	Final (B Sections)	
11:35 AM	400 Meters	Women	Final (B Sections)	
11:40 AM	400 Meters	Men	Final (B Sections)	
11:50 AM	200 Meters	Women	Final (B Sections)	
11:55 AM	200 Meters	Men	Final (B Sections)	
12:00 PM	800 Meters	Women	Final (B Sections)	
12:05 PM	800 Meters	Men	Final (B Sections)	
12:15 PM	400 Hurdles	Men	Final (B Sections)	
12:25 PM	400 Hurdles	Women	Final (B Sections)	

EVENING SESSION (A Sections)

2:00 PM	Alumni Recognition/Track Dedication			
2:25 PM	National Anthem			
2:30 PM	4*100 Relay	Women	Final -- (Heats against time)	
2:40 PM	4*100 Relay	Men	Final -- (Heats against time)	
2:50 PM	1500 Meters	Women	Final	
3:00 PM	1500 Meters	Men	Final	
3:10 PM	400 Meters	Women	Final	
3:15 PM	400 Meters	Men	Final	
3:20 PM	100 hurdles	Women	Final	
3:30 PM	110 hurdles	Men	Final	
3:35 PM	800 Meters	Women	Final	
3:40 PM	800 Meters	Men	Final	
3:50 PM	100 Meters	Women	Final (Top 18)	
4:00 PM	100 Meters	Men	Final (Top 18)	
4:05 PM	400 Hurdles	Women	Final	
4:10 PM	400 Hurdles	Men	Final	
4:15 PM	200 Meters	Women	Final (Top 18)	
4:20 PM	200 Meters	Men	Final (Top 18)	
4:25 PM	5000 Meter Run	Women	Final	
4:27 PM	(Senior Recognition during the 5000 Meter Run)			
4:50 PM	5000 Meter Run	Men	Final	
5:10 PM	4x400 Meter Relay	Women	Final (Heats Against Time)	
5:25 PM	4x400 Meter Relay	Men	Final (Heats Against Time)	