Meet Information

LHSA 2009

HIGH SCHOOL INDOOR CHAMPIONSHIPS

February 21 • Carl Maddox Fieldhouse • LSU

LSU TRACK AND FIELD

Louisiana State High School Indoor Championships
February 21, 2009
LSU Fieldhouse -- Baton Rouge, Louisiana

Entry Information and Instructions

Step 1: Examine Descending Order List to See Who is Eligible for the Meet

1. Go to www.lsusports.net after 6:00 PM Monday, February 16, 2009. Under Track and Field will be a HS Lists icon. Click on it. It will link to descending order lists, organized by division and gender. These lists can also be found at www.directathletics.com. Click on Performance lists and the performance lists for Division I and Division II can be found there. **All entry times must be fully automatic. No converted marks will be accepted.**
2. These list all athletes and relay teams eligible for the championships. There will be more athletes/relay teams on the list than will be accepted. This is so that spots can be filled if athletes scratch.
3. Decide what scratches you will make, depending on entry limitations and limited entry events.
4. Be sure athletes meet all entry limitations, including Limited Entry Events.

Step 2: Mandatory Electronic Declaration to Declare Participating Athletes

1. You must go online to www.directathletics.com between the hours of 6:00 AM and 11:30 PM Tuesday, February 17. There you will find the performance lists for the 2009 high school season.
2. Log in to your existing account and open the State Indoor Championships declaration/entry form.
3. Using the normal Direct Athletics entry procedure, enter any athlete who desires to compete, regardless of their position on the list. Entering in this way serves as a declaration of desire and intent to compete. The system will not allow you to enter athletes who are not on the performance list and are not eligible to be entered. Athletes who have no intention to compete in an event can be scratched simply by failing to enter them.
4. An athlete who is ranked at a position below the cutoff for designated field sizes, who wishes to compete, should be declared. That athlete may be able to compete if other, higher ranking athletes scratch or fail to declare.
5. Athletes who are not declared at this time will be considered as scratches, and will be replaced immediately.

NOTE: THIS 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.

Step 3: Examine Entry List to See Who is Accepted into the Meet.

1. Go to www.lsusports.net after Wednesday, February 18, 2009 at 6:00 PM. Click on Track and Field, then click on State High School Indoor Championships Heat Sheets.
2. Here will be the final listing of athletes and relay teams accepted into the meet, in heat sheet form.
3. Examine this list to see who has been accepted into the meet. Names or relay teams that fail to appear are rejected.

NOTE: WE WILL NOT PROVIDE FREE ENTRANCE TO ANY ATHLETE WHO IS NOT QUALIFIED TO RUN OR HAS NOT BEEN PROPERLY DECLARED.

Step 4: Arrange Payment of Your Entry Fee.

1. Entry fee is $100 per school (boys and girls count separately) or $10 per athlete for schools with less than ten athletes entered.
2. Athletes competing on the relay must be included on your meet roster. Please do not enter relays that you do not intend to run.
3. Once entries are closed, the entry fee is determined and final. If you fail to bring entered athletes to the meet, the entry fee will not be adjusted at the meet.
4. Only school checks, cash or money orders will be accepted. Purchase orders and personal checks will not be accepted.
5. Make checks payable to **LSU Track & Field Official's Association**
6. Payment will be accepted at packet pickup. You will not be able to compete without paying the entry fee.

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Entry Restrictions

ENTRY LIMITATIONS
Each school may enter only two qualified athletes per individual event. An athlete may not be entered in more than four events.

ELIGIBILTY
Any member school of the LHSAA in good standing may enter these championships. Competing athletes must be eligible to compete under LHSAA rules and must have attained the qualifying standard for that event. See standards listed below.

QUALIFYING FOR THE CHAMPIONSHIPS
Performance lists will be kept during the 2009 indoor season, and the athletes/relay teams with the best marks in each event who declare will be accepted into the meet. Field sizes will be as follows, for each gender and division:

55 Meters	20
55 Hurdles	20
400 Meters	14
800 Meters	14
1600 Meters	14
3200 Meters	14
All Relays	14
All Field Events	16

Meet management will determine participants and may change the above numbers slightly in case of ties.

LEGAL QUALIFYING MEETS
Entry marks must be achieved at the 2009 LSU Indoor High School Classic (January 9-10), the 2008 LSU High School Indoor Qualifier (January 24), or the 2009 LSU High School Last Chance (February 10-11) and McNeese State Meets. Marks from any other meets will not be accepted. **All marks must be fully automatically timed marks. No hand timed or converted marks will be accepted.**

LIMITED ENTRY EVENTS
The 1600 and 3200 are limited entry events. An athlete may not enter more than one of these races. If an athlete is entered in more than one of these races, we will scratch the athlete in an event of our choice.

RELAYS
Relays will qualify from the performance list as dictated above. Qualifying is required to compete in a relay event.

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Meet Information

MEET SITE
The LSU Carl Maddox Fieldhouse is a 3,000-seat facility with a 200-meter un-banked tartan track**.** The lanes are 42" wide, with 7 lanes on the oval and 10 for straightaway races. The pole vault runway is Mondo, the high jump area is tartan, and the long/triple jump runway is a rubber covered board runway. The throwing circles are plywood. The LSU Field House is located just off Nicholson Drive on the LSU campus.

PARKING
There is a home men's basketball game on January 24th, the day of the meet. There will be no available parking in the Bernie Moore or Carl Maddox lots. A map is provided at the end of this information showing parking. It is our recommendation that parking for buses occur on Nicholson or the Kirby Smith lot. This is outlined on the attached map.

PACKET PICKUP
Coaches should pick up their team's meet packet prior to competing Saturday after 9:00 AM at the Southwest Portal (athletes and coaches entrance) of the Fieldhouse.

MEET PACKETS
Team packets will include heat sheets, time schedule, admission wristbands for athletes, and additional meet tickets for coaches and support staff. Coaches and support staff will be admitted using the LHSAA card. Athletes, Coaches and support staff will be charged $10 to replace a lost wristband.

MEET ADMISSION
Athletes: Enter at Southwest Portal by presenting your meet ticket
Coaches: Enter at Southwest Portal by presenting your meet ticket or LHSAA card.
General Public: Enter at Southeast Portal. Admission is $6, $3 for children aged 12 and under.

DRESSING FACILITIES
Dressing facilities will not be available for athletes in the Fieldhouse.

TRAINING AREA
Trainers will be available in the Northeast Portal of the Fieldhouse for emergencies. No other training services will be provided. Team trainers must set up behind the bleachers adjacent to the Southwest Portal (athletes and coaches entrance). Trainers will not be allowed to set up in any other area.

SEATING
Athletes and coaches must use only sections 3, 4, 5, 6, and the portable bleachers located in the Southwest corner of the LSU Field House. All other sections are reserved for ticket holders only.

FIELDHOUSE PRACTICE TIMES
With the exception of the pole vaulting area, the Fieldhouse will be available for practice from 10:00-10:45 AM. See special pole vault instructions below for special restrictions on pole vault practice.

TIME SCHEDULE
A copy of the tentative time schedule is enclosed. Running event times are approximate, we will run an event by event schedule. Coaches should prepare their athletes for this rolling schedule and for possible advances or delays. A revised schedule will in your packet, and will be posted on the web site www.lsusports.net Wednesday, February 18 at 6:00 PM. Go to Track and Field and click on State Indoor Championship Heat Sheets.

UNATTACHED ENTRIES
Unattached entries are not permitted as per LHSAA rules. All athletes must compete with an affiliation.

SPECIAL MEET RULE(S)

- No radios or portable stereos will be allowed through the gates of the Fieldhouse. Please remind your athletes of this policy. (Walkman-type individual radios are OK.)
- Bags of excessively large size will not be permitted in the Fieldhouse
- In distance races, lapped runners will be removed from the track. A minimum of 10 runners shall remain in the race at all times, and no athletes will be pulled off the track in the last two laps.
- The Uniform rules of the LHSAA and the National Federation's will be strictly enforced. This means no jewelry and no midriffs may show.
- Athletes must compete with a Louisiana High School affiliation, as per LHSAA rules.

HEAT SHEETS & RESULTS

Heat sheets will be posted on the web site www.lsusports.net Wednesday, February 18 at 6:00 PM. Go to Track and Field and click on State Indoor Championship Heat Sheets. They will also be in your packet at check in. Individual event results will be posted at the conclusion of that event in the Southwest Corner of the Field House. Final results 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 30 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 check-in area (Clerk of Course, in the Northwest Portal). Relay teams should pick up a relay card in the Clerking area, fill it out, and turn it in to the clerk of course.

SEEDING

All running events will be seeded and lanes drawn according to times submitted. There are entry standards, so no entries will be accepted without an accompanying mark. No changes will be made at the meet.

QUALIFYING

Running Events: In the 55 Meters and 55-Meter Hurdles, there will be 2 rounds (semifinal and final) of competition. The top ten times from the semifinals will advance to the final round. All other events will be contested on a basis of sections against 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 the trials for 3 additional attempts.

DIVISIONS

The meet will be scored in two divisions, Division I and Division II. Large schools (classes AAAA and AAAAA) are in Division I, and small schools (classes AAA, AA, A, B, and C) are in Division II. Each division will have scored boy's and girl's sections.

SCORING:

For individual and relay events, points will be awarded as follows. 1st - 10 points; 2nd - 8 points; 3rd - 6 points; 4th - 4 points; 5th - 2 points; 6th - 1 point.

SHOT PUT WEIGH-IN

Shots will be inspected on Saturday in the Northwest Corner of the Field House. Weigh-in times are:

Girls (4 kilograms):

Division I	9:30 AM – 10:30 AM
Division II	12:00 PM - 1:00 PM

Boys (12 pounds):

Division I	10:45 AM – 11:45 AM
Division II	1:15 PM - 2:15 PM

Shots will be transported to the event area one half hour prior to the event's starting time.

IMPLEMENT RESTRICTIONS
Athletes in the shot will be permitted to use only soft type shots. LSU will not provide any shots.

STARTING HEIGHTS
Meet management, after examining entries will set starting heights and progressions for the vertical jumps.

WARM UPS
Running Events: Warm-ups for all running events will be outside on Bernie Moore Track or the grass field outside the Northwest Portal of the Fieldhouse.
Field Events: Athletes will have access to field event venues for warm-ups approximately 30 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, no tape measures may be used within 15 minutes of starting time.

POLE VAULT SPECIAL INSTRUCTIONS
All vaulting poles must be brought in through the Northwest Portal of the LSU Fieldhouse for certification. Certification will begin 1 hour prior to the start of the event. Also, at this time, each athlete's coach must sign the certification form. Warmups will begin 45 minutes prior to the start of the event.

AWARDS
Awards will be given as follows:

- Team Championship and Team Runner-Up trophies will be presented for boys and girls in the large school and small school divisions.
- 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.

AWARD PICKUP
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.

T-SHIRTS
T-Shirts will be available for sale at the meet only. No advance orders will be taken.

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

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
55 M Hurdles	7.24	Ubeja Anderson	Eunice	1992
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	1:56.64	Tomario Thomas	Bossier (Bossier City)	1999
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	4:19.82	Michael Hendry	Catholic (Baton Rouge)	2003
3000 Meters	8:34.05	Donnie Bernard	Comeaux (Lafayette)	1990
3200 Meters	9:34.38	Alex Breaux	Vandebilt Catholic (Houma)	2007
4x200 Meter Relay	1:28.99	Kendrick Shanklin Travis Minor Calvin Williams Aaron Boone	Catholic (Baton Rouge)	1997
4x400 Meter Relay	3:22.90	Ronald Marshall Aaron Collins Myron Weaver Ashton Collins	J.S. Clark (New Orleans)	2002
4x800 Meter Relay	8:06.9hc 8:12.50	John Duplessis Henry Gallon Gerald Hebert Anthony Smith	O. Perry Walker (New Orleans) Catholic (Baton Rouge)	1982 1996
High Jump	7-1	J. J. Barton	Lafayette	1996
Pole Vault	16-6.25	Russ Buller	Westlake	1996
Long Jump	24-11 1/2	Troy Twillie	Slidell	1991
Triple Jump	50-1	Sidney Celestine	St. Amant	1988
Shot Put	67-6	Arnold Campbell	Airline (Bossier City)	1984

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Composite Girls Meet Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.98	Teresa Foster	Huntington (Shreveport)	1991
55 M Hurdles (30")	8.03h 8.07	Paulette Calhoun April Sams	John McDonogh (New Orleans) Mandeville	1983 1995
55 M Hurdles (33")	8.07	April Sams	Mandeville	1997
400 Meters	56.10	Katrina Taylor	Baton Rouge Magnet	2005
500 Meters	1.18.22	Troquel Eden	Huntington	1988
800 Meter Run	2.16.60	Lindsay Doucett	Sulphur	2005
1000 Meters	3.12.00	Tiffany Cross	Barbe	1988
1500 Meters	4.52.01	Staci Cusimano	Mt. Carmel	1999
1600 Meters	5:19.91	Lezlie Clerc Koenck	Anacoco	2003
3000 Meters	10:39.38	Jackie John	Iowa	1998
3200 Meters	11:32.72	Aubrey Phillips	Woodlawn (Baton Rouge)	2004
4x200 Meter Relay	1:42.95	Elneka Adams Crystal Cunningham Natalie Sowell Jemia Ellis	Baker	1998
4x400 Meter Relay	3:59.44	Kim Kador Katara Rosby Katrina Taylor Brittany Harris	Baton Rouge Magnet	2002
4x800 Meter Relay	9:50.98		Baton Rouge Magnet	2004
Long Jump	19-6	Myra Combs	Southern Lab (Baton Rouge)	1997
High Jump	5-71/2	Emily Fontenot Amanda Spivey	Barbe (Lake Charles) Destrehan	1997 1999
Triple Jump	39-8.5	Danielle Brown	McMain (New Orleans)	1997
Pole Vault	13-9.25	Rachel Laurent	Vandebilt Catholic (Houma)	2008
Triple Jump	39-8.5	Danielle Brown	Eleanor McMain (New Orleans)	1997
Shot Put	45-5	Janet Hill	B.T. Washington (Shreveport)	1992

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Time Schedule

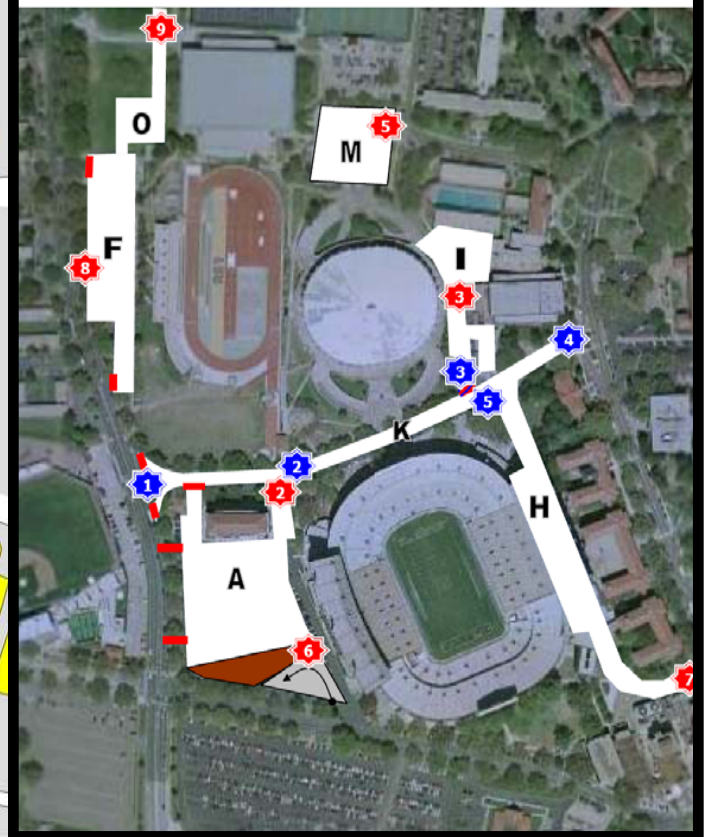
Time	Event	Division	Round	Advance
Field Events **********				
11:00 AM	Long Jump	Boys Division II	Trials & Final	7
11:00 AM	High Jump	Girls Division II	Final	
11:00 AM	Pole Vault	Girls Division I	Final	
11:00 AM	Shot Put	Girls Division I	Trials & Final	7
12:15 PM	Long Jump	Boys Division I	Trials & Final	7
12:15 PM	Shot Put	Boys Division I	Trials & Final	7
1:00 PM	High Jump	Boys Division II	Final	
1:30 PM	Long Jump	Girls Division II	Trials & Final	7
1:30 PM	Pole Vault	Girls Division II	Final	
1:30 PM	Shot Put	Girls Division II	Trials & Final	7
2:45 PM	Long Jump	Girls Division I	Trials & Final	7
2:45 PM	Shot Put	Boys Division II	Trials & Final	7
3:00 PM	High Jump	Girls Division I	Final	
4:00 PM	Triple Jump	Boys Division II	Trials & Final	7
4:00 PM	Pole Vault	Boys Division I	Final	
5:00 PM	High Jump	Boys Division I	Final	
5:15 PM	Triple Jump	Boys Division I	Trials & Final	7
6:30 PM	Triple Jump	Girls Division II	Trials & Final	7
6:30 PM	Pole Vault	Boys Division II	Final	
7:45 PM	Triple Jump	Girls Division I	Trials & Final	7
Track Events********				
2:30 PM	4x200 Meter Relay	Girls Division II	Final	(Sections Against Time)
2:35 PM	4x200 Meter Relay	Girls Division I	Final	(Sections Against Time)
2:40 PM	4x200 Meter Relay	Boys Division II	Final	(Sections Against Time)
2:45 PM	4x200 Meter Relay	Boys Division I	Final	(Sections Against Time)
2:50 PM	1600 Meters	Girls Division II	Final	
3:00 PM	1600 Meters	Girls Division I	Final	
3:10 PM	1600 Meters	Boys Division II	Final	
3:20 PM	1600 Meters	Boys Division I	Final	
3:30 PM	55 Meter Hurdles (33")	Girls Division II	Semifinals	10
3:37 PM	55 Meter Hurdles (33")	Girls Division I	Semifinals	10
3:45 PM	55 Meter Hurdles (39")	Boys Division II	Semifinals	10
3:52 PM	55 Meter Hurdles (39")	Boys Division I	Semifinals	10
4:00 PM	55 Meter Dash	Girls Division II	Semifinals	10
4:05 PM	55 Meter Dash	Girls Division I	Semifinals	10
4:10 PM	55 Meter Dash	Boys Division II	Semifinals	10
4:15 PM	55 Meter Dash	Boys Division I	Semifinals	10
4:20 PM	800 Meters	Girls Division II	Final	
4:27 PM	800 Meters	Girls Division I	Final	
4:35 PM	800 Meters	Boys Division II	Final	
4:42 PM	800 Meters	Boys Division I	Final	
4:50 PM	400 Meters	Girls Division II	Final	(Sections Against Time)
4:57 PM	400 Meters	Girls Division I	Final	(Sections Against Time)
5:05 PM	400 Meters	Boys Division II	Final	(Sections Against Time)
5:12 PM	400 Meters	Boys Division I	Final	(Sections Against Time)
5:20 PM	4 x 800 Meter Relay	Girls Division II	Final	
5:35 PM	4 x 800 Meter Relay	Girls Division I	Final	
5:50 PM	4 x 800 Meter Relay	Boys Division II	Final	
6:05 PM	4 x 800 Meter Relay	Boys Division I	Final	
6:20 PM	55 Meter Hurdles (33")	Girls Division II	Final	
6:25 PM	55 Meter Hurdles (33")	Girls Division I	Final	
6:30 PM	55 Meter Hurdles (39")	Boys Division II	Final	
6:35 PM	55 Meter Hurdles (39")	Boys Division I	Final	
6:40 PM	55 Meter Dash	Girls Division II	Final	
6:45 PM	55 Meter Dash	Girls Division I	Final	
6:50 PM	55 Meter Dash	Boys Division II	Final	
6:55 PM	55 Meter Dash	Boys Division I	Final	
7:00 PM	3200 Meters	Girls Division II	Final	
7:15 PM	3200 Meters	Girls Division I	Final	
7:30 PM	3200 Meters	Boys Division II	Final	
7:45 PM	3200 Meters	Boys Division I	Final	
8:00 PM	4 x 400 Meter Relay	Girls Division II	Final	(Sections Against Time)
8:10 PM	4 x 400 Meter Relay	Girls Division I	Final	(Sections Against Time)
8:20 PM	4 x 400 Meter Relay	Boys Division II	Final	(Sections Against Time)
8:30 PM	4 x 400 Meter Relay	Boys Division I	Final	(Sections Against Time)

HS TRACK PARKING
1-24-09 & 2-21-09

Bus Parking	**Along Nicholson Drive** **Kirby Smith Lot**
General Public	**Nicholson Drive** **Old Alex Box Stadium** **Kirby Smith Lot** **South Stadium - Lot B** **Other Open Areas**

Kirby Smith Parking Lot

NO PARKING RESERVED FOR BASKETBALL



Satellite Bus Parking

- Colors refer to exit routes from campus
- Letters refer to reserved parking areas
- Indicates Public Restroom or clusters of Port-O-Lets
- TG Tiger Gift Center Locations