

*****This information is tentative and subject to change *****
Please revisit occasionally for revisions
Last Revised April 20, 2006

LSU Alumni Gold Track & Field Invitational

Saturday, April 22, 2006

**Bernie Moore Track Stadium
Louisiana State University
Baton Rouge, Louisiana**

Entry Deadline: Wednesday, April 19

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Bernie Moore Track Stadium-- Baton Rouge, Louisiana

Entry Information and Instructions

Step 1: Examine Entry Limitations and Restrictions to decide who may enter the meet.

1. Information on entry limitations can be found on the following pages.
2. Be sure athletes meet all entry limitations.

Step 2: Set up an Account with Direct Athletics.

1. You must have a Direct Athletics team account to enter your team. An existing account will suffice if you have one.
2. If you have an account but forgot your username and password, go to www.directathletics.com and click on "Forgot Username or Password?"
3. If you do not already have a Direct Athletics account for your team, you must create a Direct Athletics team account. To set up your account, go to www.directathletics.com and click on "New User? Click Here". Follow the onscreen instructions to create an account and submit entries.

Step 3. Enter Your Athletes Electronically on the Internet.

1. Go to www.directathletics.com. A link to this site can also be found by accessing www.lsusports.net, clicking on Track and Field, then on 2006 Meet Info.
2. Use the directions, password, and username acquired above to make your entries on this site. You will also be able to create a password for yourself so that you can make changes later.
3. There is no scratch/add procedure. You make changes online as often as you wish up to the entry deadline, but after this time all entries are final.
4. Entry Deadline is 11:30 PM, Wednesday, April 19. Entries may be made as early as Sunday, April 16. You may make changes as often as you wish until the entry deadline.

SPECIAL NOTE: DO NOT WAIT UNTIL NEAR THE DEADLINE TO TEST YOUR DIRECT ATHLETICS ACCOUNT, TEST YOUR ACCOUNT EARLY. LSU WILL NOT BE RESPONSIBLE FOR A SCHOOLS FAILURE TO ACCESS DIRECT ATHLETICS AND THE ENTRY DEADLINE WILL NOT BE EXTENDED UNDER ANY CIRCUMSTANCES.

Step 4: Arrange Payment of Your Entry Fee

1. Entry fees are \$200 per team (men and women are considered separate teams). Unattached entries are \$20.
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.

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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, relay cards, 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 \$6, \$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, for 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 20 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 athirv@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. 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.

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 20 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 pressbox 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 Pavillion 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: Warmups 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 warmups approximately 45 minutes prior to the scheduled start of competition. Warmups 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.

Revised April 20, 2006

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Time Schedule

Field Events*****

9:30 AM	Hammer	Men	Trials & Finals
11:00 AM	Hammer	Women	Trials & Finals
11:30 AM	Long Jump	Men	Trials & Finals
11:30 AM	Long Jump	Women	Trials & Finals
12:30 PM	Pole Vault	Women	Final
1:30 PM	Discus	Men	Trials & Finals
1:30 PM	Discus	Women	Trials & Finals
2:00 PM	High Jump	Men	Final
2:00 PM	High Jump	Women	Final
4:00 PM	Triple Jump	Women	Trials & Finals
4:00 PM	Triple Jump	Men	Trials & Finals
4:00 PM	Javelin	Women	Trials & Finals
4:00 PM	Shot Put	Men	Trials & Finals
4:30 PM	Pole Vault	Men	Final
6:00 PM	Javelin	Men	Trials & Finals
6:00 PM	Shot Put	Women	Trials & Finals

Running Events*****

1:30 PM	3000 Steeplechase	Men	Final
1:45 PM	3000 Steeplechase	Women	Final
2:00 PM	*****National Anthem*****		
2:05 PM	4x100 Relay	Women	Final (Heats Against Time)
2:15 PM	4x100 Relay	Men	Final (Heats Against Time)
2:25 PM	1500 Meters	Women	Final (Heats Against Time)
2:45 PM	1500 Meters	Men	Final (Heats Against Time)
3:00 PM	100 Hurdles	Women	Final (Heats Against Time)
3:20 PM	110 Hurdles	Men	Final (Heats Against Time)
3:35 PM	400 Meters	Women	Final (Heats Against Time)
3:50 PM	400 Meters	Men	Final (Heats Against Time)
4:10 PM	100 Meters	Women	Final (Heats Against Time)
4:25 PM	100 Meters	Men	Final (Heats Against Time)
4:45 PM	800 Meters	Women	Final (Heats Against Time)
5:00 PM	800 Meters	Men	Final (Heats Against Time)
5:15 PM	400 Hurdles	Women	Final (Heats Against Time)
5:30 PM	400 Hurdles	Men	Final (Heats Against Time)
5:45 PM	200 Meters	Women	Final (Heats Against Time)
6:05 PM	200 Meters	Men	Final (Heats Against Time)
6:20 PM	*****Senior Recognition Ceremony*****		
6:35 PM	5000 Meter Run	Women	Final
6:55 PM	5000 Meter Run	Men	Final
7:15 PM	4x400 Meter Relay	Women	Final (Heats Against Time)
7:30 PM	4x400 Meter Relay	Men	Final (Heats Against Time)