

# Meet Information



Youth & Master's Division

## LSU TRACK AND FIELD

**LSU Relays Youth/Master's Division**  
**March 27 & 28, 2009**  
**Bernie Moore Track Stadium... Baton Rouge, Louisiana**

## **Entry Information and Instructions**

### **Youth Events**

1. 100 meters
2. Pole Vault (born 1985 or later)
3. 4\*100 meter relay

### **Youth Division Breakdown for 100 meter races**

|            |               |
|------------|---------------|
| Tiny Tots  | 2003 or later |
| Sub-Bantam | 2001 - 2002   |
| Bantam     | 1999 - 2000   |
| Midget     | 1997 - 1998   |
| Youth      | 1995 - 1996   |

### **Master's Events**

1. 100 meters

### **Entry Limitations**

1. Each youth club may enter two athletes per individual event per division.
2. Pole vault entry is unlimited.
3. Each youth club may enter one relay team per relay event.
4. Master's entries are unlimited.

### **Entry Procedure**

1. All entries will be done electronically through [www.directathletics.com](http://www.directathletics.com). A link to this site can also be found by accessing [www.lsusports.net](http://www.lsusports.net), clicking on Track and Field, then on 2009 Meet Info. You should set your account up in advance of the deadline to avoid any problems.
2. Entry Deadline is 11:30 PM, Monday, March 23. Entries may be made as early as Sunday, March 16. 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 \$5 per individual athlete entered, even those on just the relays.
2. Relays and the athletes participating in relays must be entered.
3. Checks, cash, or money orders will be accepted.
4. This entry fee will provide tickets for all athletes and 2 extra passes for coaches.
5. Make checks payable to **LSU TRACK & FIELD OFFICIAL's ASSOCIATION**.

### **Check Online for Accepted Entries**

1. Visit [www.lsusports.net](http://www.lsusports.net) Thursday, March 26 after 9:00 AM. Click on "Track & Field", Then on "LSU Tiger Relay Heat Sheets".
2. Heat sheets will reflect all accepted and rejected athletes, as well as section assignments.

**LSU Relays Youth/Master's Division**  
**March 27 & 28, 2009**  
**Bernie Moore Track Stadium... Baton Rouge, Louisiana**

## **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 at Gate 1 (athletes and coaches entrance) at the northwest corner of Bernie Moore Track. Packet Pickup hours are as follows:

Saturday, March 28: 7:45 AM – Noon

### **MEET PACKETS**

Team packets will include heat sheets, time schedule, meet tickets for athletes, and two additional meet tickets for coaches.

### **MEET ADMISSION**

Athletes and Coaches: Enter at Gate 1 by presenting your meet ticket.

General Public: Enter at Gate 3. Cost is \$6 per day, \$3 for children aged 12 and under on Friday and Saturday.

### **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 in the Carl Maddox Fieldhouse warm up area or on Maravich Assembly Center Lower Concourse just east of Bernie Moore Track.

### **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](http://www.lsusports.net) Thursday, March 26 at 9:00 AM. Go to Track and Field and click on LSU Tiger Relay Heat Sheets.

### **UNATTACHED ENTRIES**

Unattached entries are not permitted. All athletes must compete with an affiliation.

### **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.)

### **ENTRY LISTS & RESULTS**

Entry lists will be posted on the web site [www.lsusports.net](http://www.lsusports.net) Thursday, March 26 at 9:00 AM. Go to Track and Field and click on LSU Tiger Relays Heat Sheets. They will also be in your packet at check in. Individual event results will be posted on the concourse 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.

### **PREMEET PRACTICE**

Bernie Moore Track will not be available for team practice.

### **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. This area is located at the northwest corner of Bernie Moore Track near the athlete's entrance (Gate 1).

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.

### **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, with the exception of the vertical jumps. Athletes in these events will be allowed access approximately 75 minutes prior to the scheduled start of competition.

### **POLE VAULT SPECIAL INSTRUCTIONS**

All vaulting poles must be brought in through Gate 1 of Bernie Moore Track for certification. Certification will begin 75 minutes prior to the start of the event. Also, at this time, each athlete's coach must sign the certification form. Warm ups will begin one hour prior to the start of the event.

### **FURTHER INFORMATION**

For further information, contact the LSU Track & Field Office at (225) 578-8627 or email [toddlane@lsu.edu](mailto:toddlane@lsu.edu)

**LSU Relays**  
**March 27 & 28, 2009**  
**Bernie Moore Track Stadium... Baton Rouge, Louisiana**

## Time Schedule – Friday, March 27

| Time | Event | Division | Round | Advance |
|------|-------|----------|-------|---------|
|------|-------|----------|-------|---------|

### Friday Field Events\*\*\*\*\*

|          |           |                   |                 |   |
|----------|-----------|-------------------|-----------------|---|
| 10:00 AM | Hammer    | College Men       | Trials & Finals | 9 |
| 12:30 PM | Hammer    | College Women     | Trials & Finals | 9 |
| 3:00 PM  | Shot Put  | High School Boys  | Trials & Finals | 7 |
| 3:00 PM  | Javelin   | High School Girls | Trials & Finals | 7 |
| 3:00 PM  | Long Jump | High School Boys  | Trials & Finals | 7 |
| 3:00 PM  | Long Jump | High School Girls | Trials & Finals | 7 |
| 3:30 PM  | High Jump | College Men       | Final           |   |
| 3:30 PM  | High Jump | College Women     | Final           |   |
| 5:00 PM  | Javelin   | High School Boys  | Trials & Finals | 7 |
| 5:30 PM  | Shot Put  | High School Girls | Trials & Finals | 7 |
| 5:30 PM  | Long Jump | College Men       | Trials & Finals | 9 |
| 5:30 PM  | Long Jump | College Women     | Trials & Finals | 9 |
| 6:00 PM  | High Jump | High School Boys  | Trials & Finals |   |
| 6:00 PM  | High Jump | High School Girls | Trials & Finals |   |
| 7:15 PM  | Javelin   | College Women     | Trials & Finals | 9 |
| 7:30 PM  | Shot Put  | College Men       | Trials & Finals | 9 |

### Friday Afternoon Running Events (Running Time Schedule)\*\*\*\*\*

|         |                 |                   |                               |   |
|---------|-----------------|-------------------|-------------------------------|---|
| 2:55 PM | National Anthem |                   |                               |   |
| 3:00 PM | 4x100 Relay     | College Women     | Preliminaries                 | 9 |
| 3:10 PM | 4x100 Relay     | College Men       | Preliminaries                 | 9 |
| 3:20 PM | 100 Hurdles     | High School Girls | Preliminaries                 | 9 |
| 3:20 PM | 100 Hurdles     | College Women     | Preliminaries                 | 9 |
| 3:20 PM | 110 Hurdles     | High School Boys  | Preliminaries                 | 9 |
| 3:20 PM | 110 Hurdles     | College Men       | Preliminaries                 | 9 |
| 3:40 PM | 4x800 Relay     | High School Girls | Final (Sections Against Time) |   |
| 3:55 PM | 4x800 Relay     | High School Boys  | Final (Sections Against Time) |   |
| 4:10 PM | 4x200 Relay     | High School Girls | Final (Sections Against Time) |   |
| 4:20 PM | 4x200 Relay     | High School Boys  | Final (Sections Against Time) |   |
| 4:30 PM | 4x800 Relay     | College Men       | Final (Sections Against Time) |   |
| 4:45 PM | 4x800 Relay     | College Women     | Final (Sections Against Time) |   |
| 5:00 PM | 100 Meters      | High School Girls | Preliminaries                 | 9 |
| 5:00 PM | 100 Meters      | College Women     | Preliminaries                 | 9 |
| 5:10 PM | 100 Meters      | High School Boys  | Preliminaries                 | 9 |
| 5:10 PM | 100 Meters      | College Men       | Preliminaries                 | 9 |
| 5:15 PM | 300 Hurdles     | High School Girls | Final                         |   |
| 5:20 PM | 300 Hurdles     | High School Boys  | Final                         |   |
| 5:25 PM | 400 Hurdles     | College Women     | Preliminaries                 | 9 |
| 5:30 PM | 400 Hurdles     | College Men       | Preliminaries                 | 9 |

### Friday Night Running Events (Running Time Schedule)\*\*\*\*\*

|         |                     |                   |                               |   |
|---------|---------------------|-------------------|-------------------------------|---|
| 6:30 PM | Sprint Medley Relay | High School Girls | Final (Sections Against Time) |   |
| 6:40 PM | Sprint Medley Relay | High School Boys  | Final (Sections Against Time) |   |
| 6:50 PM | Sprint Medley Relay | College Women     | Final (Sections Against Time) |   |
| 7:00 PM | Sprint Medley Relay | College Men       | Final (Sections Against Time) |   |
| 7:10 PM | 3200 Meters         | High School Girls | Final                         |   |
| 7:25 PM | 3200 Meters         | High School Boys  | Final                         |   |
| 7:40 PM | 4x400 Relay         | High School Girls | Preliminaries                 | 9 |
| 7:55 PM | 4x400 Relay         | High School Boys  | Preliminaries                 | 9 |
| 8:10 PM | 5000 Meters         | College Women     | Final                         |   |
| 8:30 PM | 5000 Meters         | College Men       | Final                         |   |

**LSU Relays**  
**March 27 & 28, 2009**  
**Bernie Moore Track Stadium... Baton Rouge, Louisiana**  
**Time Schedule – Saturday, March 28**

| Time                                                                | Event                 | Division                    | Round                         | Advance |
|---------------------------------------------------------------------|-----------------------|-----------------------------|-------------------------------|---------|
| <b>Saturday Field Events*****</b>                                   |                       |                             |                               |         |
| 9:00 AM                                                             | Discus                | High School Boys            | Trials & Finals               | 7       |
| 9:00 AM                                                             | Discus                | High School Girls           | Trials & Finals               | 7       |
| 9:30 AM                                                             | Pole Vault            | Youth Boys                  | Final                         |         |
| 9:30 AM                                                             | Pole Vault            | Youth Girls                 | Final                         |         |
| 9:30 AM                                                             | Pole Vault            | High School Boys- Group B   | Final                         |         |
| 11:00 AM                                                            | Triple Jump           | High School Boys            | Trials & Finals               | 7       |
| 11:00 AM                                                            | Triple Jump           | High School Girls           | Trials & Finals               | 7       |
| 11:00 AM                                                            | Discus                | College Women               | Trials & Finals               | 9       |
| 12:00 PM                                                            | Pole Vault            | High School Girls- Group A  | Final                         |         |
| 12:00 PM                                                            | Pole Vault            | High School Girls- Group B  | Final                         |         |
| 12:00 PM                                                            | Pole Vault            | High School Boys- Group A   | Final                         |         |
| 1:30 PM                                                             | Discus                | College Men                 | Trials & Finals               | 9       |
| 2:00 PM                                                             | Triple Jump           | College Men                 | Trials & Finals               | 9       |
| 2:00 PM                                                             | Triple Jump           | College Women               | Trials & Finals               | 9       |
| 3:00 PM                                                             | Pole Vault            | College/Elite Men           | Final                         |         |
| 3:00 PM                                                             | Pole Vault            | College/Elite Women         | Final                         |         |
| 3:30 PM                                                             | Shot Put              | College Women               | Trials & Finals               | 9       |
| 4:00 PM                                                             | Javelin               | College Men                 | Trials & Finals               | 9       |
| <b>Saturday Morning Running Events (Running Time Schedule)*****</b> |                       |                             |                               |         |
| 11:00 AM                                                            | 4x100 Relay           | High School Girls           | Preliminaries                 | 9       |
| 11:10 AM                                                            | 4x100 Relay           | High School Boys            | Preliminaries                 | 9       |
| 11:20 AM                                                            | 1500 Meters           | College Women               | Final (Sections Against Time) |         |
| 11:30 AM                                                            | 1500 Meters           | College Men                 | Final (Sections Against Time) |         |
| 11:40 AM                                                            | Distance Medley Relay | High School Girls           | Final (Sections Against Time) |         |
| 11:55 AM                                                            | Distance Medley Relay | High School Boys            | Final (Sections Against Time) |         |
| <b>Saturday Afternoon Running Events*****</b>                       |                       |                             |                               |         |
| 1:00 PM                                                             | 4x100 Relay           | College Women               | Final                         |         |
| 1:10 PM                                                             | 4x100 Relay           | College Men                 | Final                         |         |
| 1:20 PM                                                             | 100 Meters            | Tiny Tots Girls             | Final                         |         |
| 1:22 PM                                                             | 100 Meters            | Tiny Tots Boys              | Final                         |         |
| 1:24 PM                                                             | 100 Meters            | Sub-bantam Girls            | Final                         |         |
| 1:26 PM                                                             | 100 Meters            | Sub-Bantam Boys             | Final                         |         |
| 1:28 PM                                                             | 100 Meters            | Bantam Girls                | Final                         |         |
| 1:30 PM                                                             | 100 Meters            | Bantam Boys                 | Final                         |         |
| 1:35 PM                                                             | 3000 Steeplechase     | College Women               | Final                         |         |
| 1:38 PM                                                             | 100 Meters            | Midget Girls                | Final                         |         |
| 1:40 PM                                                             | 100 Meters            | Midget Boys                 | Final                         |         |
| 1:42 PM                                                             | 100 Meters            | Youth Boys                  | Final                         |         |
| 1:45 PM                                                             | 3000 Steeplechase     | College Men                 | Final                         |         |
| 1:47 PM                                                             | 100 Meters            | Youth Girls                 | Final                         |         |
| 1:49 PM                                                             | 100 Meters            | Master's Men-All Divisions  | Final                         |         |
| 1:51 PM                                                             | 100 Meters            | Master's Women-All Division | Final                         |         |
| 1:59 PM                                                             | National Anthem       |                             |                               |         |
| 2:00 PM                                                             | 400 Hurdles           | College Women               | Final                         |         |
| 2:05 PM                                                             | 400 Hurdles           | College Men                 | Final                         |         |
| 2:10 PM                                                             | 4x200 Relay           | College Women               | Final (Sections Against Time) |         |
| 2:15 PM                                                             | 4x200 Relay           | College Men                 | Final (Sections Against Time) |         |
| 2:20 PM                                                             | Distance Medley Relay | College Women               | Final                         |         |
| 2:35 PM                                                             | Distance Medley Relay | College Men                 | Final                         |         |
| 2:50 PM                                                             | 4x100 Relay           | High School Girls           | Final                         |         |
| 2:55 PM                                                             | 4x100 Relay           | High School Boys            | Final                         |         |
| 3:00 PM                                                             | 100 Hurdles           | High School Girls           | Final                         |         |
| 3:04 PM                                                             | 100 Hurdles           | College Women               | Final                         |         |
| 3:10 PM                                                             | 110 Hurdles           | High School Boys            | Final                         |         |
| 3:15 PM                                                             | 110 Hurdles           | College Men                 | Final                         |         |
| 3:20 PM                                                             | 1600 Meters           | High School Girls (A)       | Final                         |         |
| 3:28 PM                                                             | 1600 Meters           | High School Boys (A)        | Final                         |         |
| 3:36 PM                                                             | 1600 Meters           | High School Girls (B)       | Final                         |         |
| 3:44 PM                                                             | 1600 Meters           | High School Boys (B)        | Final                         |         |
| 3:53 PM                                                             | 4x100 Meters          | Midget Girls                | Final                         |         |
| 3:56 PM                                                             | 4x100 Meters          | Midget Boys                 | Final                         |         |
| 3:59 PM                                                             | 4x100 Meters          | Youth Girls                 | Final                         |         |
| 4:02 PM                                                             | 4x100 Meters          | Youth Girls                 | Final                         |         |
| 4:04 PM                                                             | 100 Meters            | High School Girls           | Final                         |         |
| 4:07 PM                                                             | 100 Meters            | High School Boys            | Final                         |         |
| 4:10 PM                                                             | 100 Meters            | College Women               | Final                         |         |
| 4:13 PM                                                             | 100 Meters            | College Men                 | Final                         |         |
| 4:16 PM                                                             | 800 Meters            | Invitational Women          | Final                         |         |
| 4:20 PM                                                             | 800 Meters            | Invitational Men            | Final                         |         |
| 4:25 PM                                                             | 4x400 Relay           | High School Girls           | Final                         |         |
| 4:32 PM                                                             | 4x400 Relay           | High School Boys            | Final                         |         |
| 4:40 PM                                                             | 4x400 Relay           | College Women               | Final                         |         |
| 5:00 PM                                                             | 4x400 Relay           | College Men                 | Final                         |         |