

Meet Information



Collegiate Division

LSU TRACK AND FIELD

LSU Relays
March 25-26, 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 11:30 PM, Monday, March 21. Entries may be made as early as March 14th. You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.

Check Online for Accepted Entries

1. Visit www.lsusports.net Wednesday, March 23 after 9:00 AM. Click on "Track & Field".
2. Performance list will reflect all accepted and rejected athletes and section assignments.

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 Track and Field.
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.

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Entry Restrictions

Number Restrictions

Relays:	1 team per school
100 Meters:	unlimited entries
100/110 Meter Hurdles:	unlimited entries
400 Hurdles:	3 per school
1500 Meters:	3 per school
3000 Steeplechase	unlimited entries
5000 Meters:	unlimited entries
All Field Events:	3 entries per school

One additional pole vaulter per team will be allowed if all 3 entries have cleared 15-6 for men and 12-0 for women. Email dyush@lsu.edu for additional entry with link to results.

Minimum Marks and Starting Heights

For each field event there will be a minimum mark. The first legal mark will be measured, all other performances will need to exceed the minimum mark for measurement. In the vertical jumps, the starting height will serve as the minimum mark. These marks are:

Minimum Marks

	Men	Women
Shot Put	46-0	40-0
Hammer	150-0	135-0
Javelin	170-0	120-0
Discus	150-0	140-0
High Jump	6-4	5-2
Long Jump	23-0	18-0
Triple Jump	46-0	38-0
Pole Vault	14-6	10-6

Section Guidelines

1. All Relay entries will be accepted in the 4x100, and 4x400
2. The 18 top entries will be accepted in the 4x200, Sprint Medley, and Distance Medley Relays.
3. The 12 top entries will be accepted in the 4x800 Relay
4. In Field Events, the top 36 entries will be accepted.
5. Entries for the 800 meter invitational, must be emailed to Derek Yush at dyush@lsu.edu by March 22. Include the name and the best time run in the past 12 months. The top 9 entries will be accepted into the race. You will be notified by email March 23 if your athlete is accepted into this event.

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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 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:

Friday, March 25:	9:00 AM – 5:30 PM
Saturday, March 26:	7:45 AM – Noon

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 1 by presenting your meet ticket.

General Public: Enter at Gate 3. Cost is \$5 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 Wednesday, March 23 at 9:00 AM. Go to Track and Field and click on LSU Tiger Relay Performance List.

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 (dyush@lsu.edu) 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.
- Louisiana State University, the Athletics Department, and Event Management are not responsible for any lost or stolen items. Please leave all valuables and personal items at home. LSU Athletics does not provide security for monitoring personal belongings.

PERFORMANCE LISTS & RESULTS

Performance lists will be posted on the web site www.lsusports.net Wednesday, March 23 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 be available for team practice on Thursday, March 24 from 5 to 7pm. **LONG THROWS WILL NOT BE AVAILABLE FOR PRACTICE DUE TO FACILITY CONSTRUCTION.** Please contact Derek Yush (dyush@lsu.edu) about practice availability on other days.

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.

QUALIFYING

In the 100 meters, 100/110 hurdles, 400 hurdles, and relay events with qualifying heats, the top 9 times from the preliminary rounds will advance to the final. In straightaway qualifying races, men will run on the gold straightaway track, while women will run on the west straightaway of the red oval. All other 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 according to the schedule below, 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.

Friday, March 25: 8:30 AM

Saturday, March 26: 7:45 AM

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. 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.

AWARDS

Individual awards will be presented to the top 3 places in each event and members of the top 3 relays for both men's and women's divisions as follows. Athletes should make every effort to collect awards during the meet, as uncollected awards will not be mailed.

1st Place, Individual Event: Watch and T-Shirt

2nd Place, Individual Event: T-Shirt

3rd Place, Individual Event: T-Shirt

1st Place, Relay Event: Watch and T-Shirts for Team Members

2nd Place, Relay Event: T-Shirt for Team Members

3rd Place, Relay Event: T-Shirt for Team Members

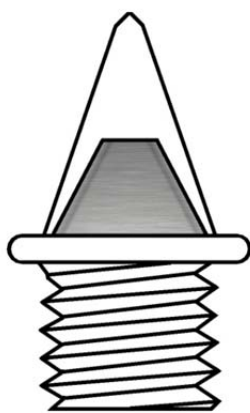
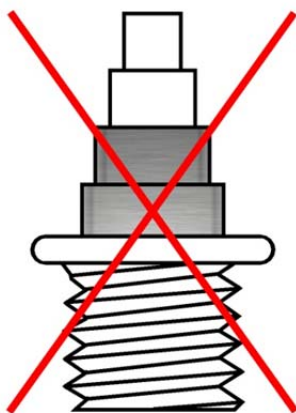
FURTHER INFORMATION

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:
 - o ¼" pyramids



TAPE

- Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) will be provided by meet management at the site. 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 – Friday, March 25

Time	Event	Division	Round	Advance
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Friday Field Events*****

10:30 AM	Javelin (West Runway)	College Women	Trials & Finals	9
12:30 PM	Hammer (West Circle)	College Women	Trials & Finals	9
3:00 PM	Shot Put	High School Boys	Trials & Finals	7
3:00 PM	Javelin (West Runway)	High School Girls	Trials & Finals	7
3:00 PM	Javelin (East Runway)	High School Boys	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	
5:15 PM	Shot Put	High School Girls	Trials & Finals	7
5:30 PM	Hammer	College Men	Trials & Finals	9
6:00 PM	High Jump	High School Boys	Trials & Finals	
6:00 PM	High Jump	High School Girls	Trials & Finals	
6:15 PM	Long Jump	College Men	Trials & Finals	9
6:15 PM	Long Jump	College Women	Trials & Finals	9
7:00 PM	Shot Put	College Women	Trials & Finals	9

Friday Afternoon Running Events *****

2:15 PM	4x100 Relay	College Women	Preliminaries	9
2:25 PM	4x100 Relay	College Men	Preliminaries	9
2:35 PM	4x800 Relay	College Women	Final	
2:50 PM	4x800 Relay	College Men	Final	
3:00 PM	National Anthem			
3:05 PM	100 Hurdles	High School Girls	Preliminaries	9
3:05 PM	110 Hurdles	High School Boys	Preliminaries	9
3:20 PM	100 Hurdles	College Women	Preliminaries	9
3:20 PM	110 Hurdles	College Men	Preliminaries	9
3:35 PM	4x200 Relay	High School Girls	Final (Sections Against Time)	
3:45 PM	4x200 Relay	High School Boys	Final (Sections Against Time)	
4:00 PM	4x800 Relay	High School Girls	Final (Sections Against Time)	
4:15 PM	4x800 Relay	High School Boys	Final (Sections Against Time)	
4:25 PM	100 Meters	High School Girls	Preliminaries	9
4:25 PM	100 Meters	High School Boys	Preliminaries	9
4:40 PM	100 Meters	College Women	Preliminaries	9
4:40 PM	100 Meters	College Men	Preliminaries	9
5:00 PM	300 Hurdles	High School Boys	Final	
5:15 PM	300 Hurdles	High School Girls	Final	
5:35 PM	400 Hurdles	College Women	Preliminaries	9
5:45 PM	400 Hurdles	College Men	Preliminaries	9

Friday Night Running Events *****

6:30 PM	Sprint Medley Relay	High School Girls	Final (Sections Against Time)	
6:45 PM	Sprint Medley Relay	High School Boys	Final (Sections Against Time)	
7:00 PM	Sprint Medley Relay	College Women	Final (Sections Against Time)	
7:10 PM	Sprint Medley Relay	College Men	Final (Sections Against Time)	
7:25 PM	4x400 Relay	High School Girls	Preliminaries	9
7:45 PM	4x400 Relay	High School Boys	Preliminaries	9
8:05 PM	3200 Meters	High School Girls	Final	
8:25 PM	3200 Meters	High School Boys	Final	
8:45 PM	5000 Meters	College Women	Final	
9:10 PM	5000 Meters	College Men	Final	

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FINAL

Time Schedule – Saturday, March 26

Time	Event	Division	Round	Advance
Saturday Field Events*****				
9:00 AM	Discus (West Circle)	High School Boys	Trials & Finals	7
9:00 AM	Discus (East Circle)	High School Girls	Trials & Finals	7
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	Pole Vault	High School Girls	Final	
11:00 AM	Pole Vault	High School Boys	Final	
11:00 AM	Discus (East Circle)	College Women	Trials & Finals	9
11:00 AM	Discus (West Circle)	College Men	Trials & Finals	9
1:30 PM	Pole Vault	College Men	Final	
2:00 PM	Pole Vault	College Women	Final	
2:00 PM	Triple Jump	College Women	Trials & Finals	9
2:00 PM	Javelin (West Runway)	College Men	Trials & Finals	9
2:00 PM	Shot Put	College Men	Trials & Finals	9
2:15 PM	Triple Jump	College Men	Trials & Finals	9
Saturday Morning Running Events *****				
10:00 AM	1500 Meters (B)	College Women	Final (Sections Against Time)	
10:10 AM	1500 Meters (B)	College Men	Final (Sections Against Time)	
10:20 AM	4x100 Relay	High School Girls	Preliminaries	9
10:30 AM	4x100 Relay	High School Boys	Preliminaries	9
10:40 AM	1600 Meters	High School Girls (B)	Final (Sections Against Time)	
10:50 AM	1600 Meters	High School Boys (B)	Final (Sections Against Time)	
11:00AM	Distance Medley Relay	High School Girls	Final (Sections Against Time)	
11:15AM	Distance Medley Relay	High School Boys	Final (Sections Against Time)	
11:30AM	Distance Medley RelayCollege	College Women	Final	
11:45AM	Distance Medley RelayCollege	College Men	Final	
Saturday Afternoon Running Events*****				
12:55 PM	National Anthem			
1:00 PM	4x100 Relay	College Women	Final	
1:05 PM	4x100 Relay	College Men	Final	
1:10 PM	3000 Steeplechase	College Women	Final	
1:13 PM	100 Meters	Tiny Tots Girls	Final	
1:16 PM	100 Meters	Tiny Tots Boys	Final	
1:19 PM	100 Meters	Sub-bantam Girls	Final	
1:28 PM	100 Meters	Sub-Bantam Boys	Final	
1:31 PM	100 Meters	Bantam Girls	Final	
1:34 PM	100 Meters	Bantam Boys	Final	
1:35 PM	3000 Steeplechase	College Men	Final	
1:38 PM	100 Meters	Midget Girls	Final	
1:41 PM	100 Meters	Midget Boys	Final	
1:44 PM	100 Meters	Youth Girls	Final	
1:47 PM	100 Meters	Youth Boys	Final	
1:50 PM	100 Meters	Master's Women-All Divisions	Final	
1:53 PM	100 Meters	Master's Men-All Divisions	Final	
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	4x100 Relay	High School Girls	Final	
2:25 PM	4x100 Relay	High School Boys	Final	
2:30 PM	100 Hurdles	High School Girls	Final	
2:35 PM	100 Hurdles	College Women	Final	
2:40 PM	110 Hurdles	High School Boys	Final	
2:45 PM	110 Hurdles	College Men	Final	
2:50 PM	1600 Meters	High School Girls (A)	Final	
3:00 PM	1600 Meters	High School Boys (A)	Final	
3:10 PM	800 Meter	Invitational Women	Final	
3:15 PM	800 Meter	Invitational Men	Final	
3:20 PM	4x100 Meters	Bantam/Midget/Youth	Final	
3:25 PM	4x100 Meters	Bantam/Midget/Youth	Final	
3:30 PM	100 Meters	High School Girls	Final	
3:35 PM	100 Meters	High School Boys	Final	
3:40 PM	100 Meters	College Women	Final	
3:45 PM	100 Meters	College Men	Final	
3:50 PM	1500 Meters	College Women	Final	
4:00 PM	1500 Meters	College Men	Final	
4:10 PM	4x400 Relay	High School Girls	Final	
4:20 PM	4x400 Relay	High School Boys	Final	
4:25 PM	4x400 Relay	College Women	Final	
4:35 PM	4x400 Relay	College Men	Final	