

# Meet Information



Collegiate Division

## LSU TRACK AND FIELD

LSU Relays  
March 26 & 27, 2010  
Bernie Moore Track Stadium... Baton Rouge, Louisiana

## Entry Information and Instructions

### 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 2010 Meet Info.
2. Entry Deadline is 11:30 PM, Monday, March 22. Entries may be made as early as March 16. 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](http://www.lsusports.net) Wednesday, March 24 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](http://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 [toddlane@lsu.edu](mailto:toddlane@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      | 160-0 | 135-0 |
| Javelin     | 170-0 | 120-0 |
| Discus      | 160-0 | 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 Todd Lane at [toddlane@lsu.edu](mailto:toddlane@lsu.edu) by March 23<sup>rd</sup>. 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 24<sup>th</sup> if your athlete is accepted into this event.

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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. 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:

Friday, March 26:        9:00 AM – 5:30 PM  
Saturday, March 27:    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](http://www.lsusports.net) Wednesday, March 24 at 9:00 AM. Go to Track and Field and click on LSU Tiger Relay Heat Sheets.

### **UNATTACHED ENTRIES**

Unattached entries must:

- 1) Set up an individual account on [www.directathletics.com](http://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 ([toddlane@lsu.edu](mailto:toddlane@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](http://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. (Walkman-type individual radios are OK.)

### **PERFORMANCE LISTS & RESULTS**

Performance lists will be posted on the web site [www.lsusports.net](http://www.lsusports.net) Wednesday, March 24 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 25 from 5:00 PM to 7:00 PM. Please contact Todd Lane ([toddlane@lsu.edu](mailto:toddlane@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 26: 8:30 AM  
Saturday, March 27: 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.

1<sup>st</sup> Place, Individual Event: Watch and T-Shirt

2<sup>nd</sup> Place, Individual Event: T-Shirt

3<sup>rd</sup> Place, Individual Event: T-Shirt

1<sup>st</sup> Place, Relay Event: Watch and T-Shirts for Team Members

2<sup>nd</sup> Place, Relay Event: T-Shirt for Team Members

3<sup>rd</sup> Place, Relay Event: T-Shirt for Team Members

### **FURTHER INFORMATION**

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