

Meet Information



LSU TRACK AND FIELD

(Revised 1.06.09)

LSU High School Indoor Classic
January 9-10, 2009
LSU Fieldhouse - Baton Rouge, Louisiana

Entry Information and Instructions

Entry Limitations

1. Each club/school may enter two athletes per individual event. An athlete may not be entered in more than four events.
2. Each club/school may enter one relay team per relay event.

Event Limitations

The 400, 800, 1600, 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 all but one event of our choice.

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 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, Tuesday, January 6. Entries may be made as early as Tuesday, December 30. You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.
4. Entries will be posted on Thursday, January 8 after 6pm.

Entry Fees

1. ENTRY FEES ARE CALCULATED BY THE NUMBER OF ATHLETES ENTERED IN THE MEET, INCLUDING those only on the relay teams, on the January 6 deadline. If you fail to bring entered athletes to the meet, the entry fee will not be adjusted.
2. Entry fees are \$10 per athlete for the first ten athletes entered and \$5 per athlete after ten (girls and boys are separate). Example- 15 athletes entered would owe, \$100 for the first ten entered, plus \$25 for the next five for a total of \$125.
3. Relay team members must be on your entry list.
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.

Minimum Marks

Below are the minimum marks for a measurement to be taken or for the vertical jumps the opening heights.

High Jump	5-6	Boys	4-6	Girls
Pole Vault	11-6	Boys	8-0	Girls
Long Jump	19-0	Boys	14-0	Girls
Triple Jump	39-0	Boys	28-0	Girls
Shot Put	40-0	Boys	25-0	Girls

Special Note for Louisiana Athletes

LHSAA rules prevent Louisiana high school athletes from competing as club athletes. Any club with Louisiana athletes will be denied admission into the meet. All Louisiana athletes must compete with a school affiliation.

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Meet Information

MEET SITE

The LSU Carl Maddox Fieldhouse is a 3,000-seat facility with a 200-meter unbanked 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

Limited parking is available at Bernie Moore Lot off Nicholson Drive, near the Southwest Portal of the LSU Field House (athletes and coaches entrance). Buses and overflow parking should use the Tiger Stadium lot.

PACKET PICKUP

Coaches may pick up their team's meet packet at the Southwest Portal (athletes and coaches entrance) of the Fieldhouse. This packet must be picked up prior to competing. Packets may be picked up from 3:00 to 6:30 PM Friday, January 9 and from 9:00 AM to 1:30 PM Saturday, January 10.

MEET PACKETS

Team packets will include heat sheets, time schedule, admission wristbands for athletes, and additional admission wristbands for coaches and support staff. Out of state teams will be allowed two additional tickets for coaches and support staff. Coaches and support staff of Louisiana schools 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 cost 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 only. 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 4, 5, 6, and the portable bleachers located in the Southeast and Southwest corners 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 Friday, January 9 from 4:00 PM to 4:45 PM and Saturday January 10 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; an event by event schedule will be run. 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 website www.lsusports.net Thursday, January 8 at 6:00 PM. Go to Track and Field and click on LSU High School Classic.

UNATTACHED ENTRIES

As per LHSAA rules, 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 the Fieldhouse. Please remind your athletes of this policy. (Walkman-type individual radios are OK.)
- Minimum field event standards for measurement will be in effect. See entry limitations section for details.
- Blocks may be used only in the 55 meter preliminaries and finals, 55 hurdle preliminaries and finals, and 4x200 meter finals. No starting blocks will be used for the 4x200 meter relay preliminaries, all 400 meter races, and all 4x400 meter relay races.
- The uniform rules of the NFSHSA will be enforced.

DESCENDING ORDER LIST & RESULTS

Descending order lists will be posted on the web site www.lsusports.net Thursday, January 8 at 6:00 PM. Go to Track and Field and click on LSU High School Classic. Heat sheets will be available for each day of events at the track. 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

Teams must pick up a relay card in the check-in area, fill it out, and turn it in to the clerk before being permitted to run. This will serve as your check in for the event. This should be done at least 20 minutes prior to the start of the 4x200, and prior to the start of the preceding event for the 4x400 and 4x800 relays.

EXCUSES FOR SCHOOL ABSENCES

Excuses for school absences will be available at the check in desk. Please remember to take these as you pick up your packet as needed.

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 must check in at the check-in area as follows. 4x200 Teams must check in 20 minutes prior to the scheduled start of the race. 4x800 girl's teams must check in prior to the start of the Girl's 55m Hurdles Final. Boy's 4x800 teams must check in prior to the start of the Girl's 4x800 relay. 4x400 teams must check in prior to the start of the preceding race. Compliance with these deadlines is crucial, as the 4x400 and 4x800 relays will be seeded and heat/lane assignments made after all teams check in. Teams must pick up a relay card in the check-in area, fill it out, and turn it in to the clerk before being permitted to run.

SEEDING

All running events will be seeded and lanes drawn according to times submitted. 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 in 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 10 from the trials will be taken to a final immediately following the trials for 3 additional attempts.

800 METER RACES and FURTHER

In all races 800 meters and further an athlete will be removed from the track if they walk.

In the 1600 meter and 3200 meter races, if an athlete is lapped, they will be moved to lane 3 and higher until the last lap. On the last lap the athlete can move back to lane 1 and 2. The top 10 runners will remain in lanes 1 and 2 for the duration of the race.

SCORING

This will be a non-scoring meet.

SHOT PUT WEIGH-IN

Shots will be inspected in the Northwest Portal of the Field House. Inspections will begin one and one half hours prior to the event and conclude one half hour prior to the event. 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

See entry restrictions page above.

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 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.

AWARDS

Awards will be given as follows:

- T-shirts will be awarded to the top 3 places in each event, including members of the top 3 relays.
- Trophies will be awarded to the Most Outstanding track event athletes in each gender, in-state and out-of-state categories.
- Trophies will be awarded to the Most Outstanding field event athletes in each gender, in the in-state and out-of-state categories.

AWARD PICKUP

Awards for the top three places in each event 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. The Most Outstanding awards will be selected by the LSU Track & Field Officials Association and 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.

LSU High School Indoor Classic

Boys Meet Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.20	Rod Richardson	Davidson HS (Mobile, AL)	1987
55 M Hurdles	7.15	Jermaine Cooper	LC Express TC (Giddings, TX)	1999
400 Meters	48.39	Chris Ward	Florida Elite TC (Orlando, FL)	2007
800 Meters	1:50.56	George Kersh	Pearl (MS) HS	1987
1500 Meters	4:00.64	Donnie Bernard	Comeaux HS (Lafayette, LA)	1990
1600 Meters	4:19.70	Jeffery Rhodes	Coffee (AL) HS	2004
3000 Meters	8:36.45	Scott Fuqua	Oak Mountain HS (Birmingham, AL)	2002
3200 Meters	9:27.19	John Brigham	St. Paul's Episcopal (Mobile, AL)	2004
4x200 Meter Relay	1:28.38	Rynell Parsons Keyth Talley Darryl Morris Brandon Thomas	San Antonia Blazers	2008
4x400 Meter Relay	3:23.44	Keith Nunnery Ronald Howard Calvin Laine Antoine Anthony	Carver HS (New Orleans, LA)	1981
4x800 Meter Relay	7:58.79	Chris Joseph Kenny Lewis Lance Smith Jason Williams	Bishop Loughlin HS (Brooklyn, NY)	1987
High Jump	7-0	J. J. Barton	Lafayette (LA) HS	1996
Pole Vault	16-6	Jim Authenreith	Houston (TX) Memorial HS	1998
Long Jump	24-7 3/4	Sheddrick Fields	Athletics Intl TC (Dallas, TX)	1992
Triple Jump	50-0	Ken Frazier	Mission HS (San Francisco, CA)	1982
Shot Put	68-6 1/2	Arnold Campbell	Airline HS (Bossier City, LA)	1984

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Girls Meet Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.79	Bianca Knight	Ridgeland (MS) HS	2006
55 M Hurdles (30")	7.88	Tanya Davish	Sterling HS (Houston, TX)	1986
55 M Hurdles (33")	8.08	April Williams	Dallas Flyers (Dallas, TX)	2007
400 Meters	54.89	Brandi Cross	Stampede Track Club (Houston, TX)	2006
800 Meters	2:12.15	Brittany Hall	Georgia Lightning (Atlanta, GA)	2007
1500 Meters	4:40.45	Theresa Harmon	Forest Hills HS (Jackson, MS)	1982
1600 Meters	5:10.65	Lezlie Clerc Koenck	Anacoco (LA) HS	2004
3000 Meters	10:45.18	Jackie John	Iowa (LA) HS	2000
3200 Meters	11:06.93	Malia Cali	St. Thomas Aquinas	2008
4x200 Meter Relay	1:40.27	Sandy Wooten Tara Thomas Victoria Jordan Porscha Lucas	Dallas Gold Track Club (Dallas, TX)	2006
4x400 Meter Relay	3:52.89	Monika May Bryanni Thomas Cynee Wardsworth Candyce Cross	Stampede Track Club (Houston, TX)	2007
4x800 Meter Relay	9:47.72	Jassimine Dalton Monica May April Washington Tara Prior	Visions Track Club (Missouri City, TX)	2004
High Jump	5-10	Brittani Carter	Stampede Track Club (Houston, TX)	2007
Long Jump	19-3 ½	Shamekia Louis	Academy of the Sacred Heart (Grand Coteau, LA)	1999
Triple Jump	39-8 ½	Laura Michelle Rogers	Dacula Track Club (Atlanta, GA)	2003
Pole Vault	13-2	Rachel Laurent	Vandebilt Catholic HS (Houma, LA)	2008
Shot Put	43-4 1/2	Tierah Hall	DeSoto (TX) Roadrunners Track Club	2006

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(Revised 1.08.09)

Event Schedule

Time	Event	Division	Round	Advance
Friday Field Events*****				
5:00 PM	Shot Put	Girls	Trials and Final	10
5:00 PM	Triple Jump	Boys	Trials and Final	10
7:30 PM	Shot Put	Boys	Trials and Final	10
7:30 PM	Triple Jump	Girls	Trials and Final	10
Friday Track Events*****				
6:30 PM	4x200 Relay	Girls	Preliminaries	7
6:55 PM	4x200 Relay	Boys	Preliminaries	7
7:25 PM	3200 Meters	Girls	Final (Heats Against Time)	
7:40 PM	3200 Meters	Boys	Final (Heats Against Time)	
8:05 PM	800 Meters	Girls	Final (Heats Against Time)	
8:20 PM	800 Meters	Boys	Final (Heats Against Time)	
Saturday Field Events*****				
11:00 AM	Pole Vault	Girls	Final	
11:00 AM	High Jump	Girls	Final	
11:00 AM	Long Jump	Boys	Trials and Final	10
3:00 PM	High Jump	Boys	Final	
3:00 PM	Long Jump	Girls	Trials and Final	10
3:00 PM	Pole Vault	Boys	Final	
Saturday Track Events*****				
12:00 PM	4x200 Relay	Girls	Final	
12:05 PM	4x200 Relay	Boys	Final	
12:10 PM	1600 Meters	Girls	Final (Heats Against Time)	
12:35 PM	1600 Meters	Boys	Final (Heats Against Time)	
1:15 PM	55 Meter Hurdles	Girls	Semifinal	10
1:30 PM	55 Meter Hurdles	Boys	Semifinal	10
1:50 PM	55 Meters	Girls	Semifinal	10
2:15 PM	55 Meters	Boys	Semifinal	10
2:50 PM	400 Meters	Girls	Final (Heats Against Time)	
3:35 PM	400 Meters	Boys	Final (Heats Against Time)	
4:20 PM	55 Meter Hurdles	Girls	Final	
4:25 PM	55 Meter Hurdles	Boys	Final	
4:30 PM	55 Meters	Girls	Final	
4:35 PM	55 Meters	Boys	Final	
4:40 PM	4x800 Relay	Girls	Final (Heats Against Time)	
4:55 PM	4x800 Relay	Boys	Final (Heats Against Time)	
5:20 PM	4x400 Relay	Girls	Final (Heats Against Time)	
6:00 PM	4x400 Relay	Boys	Final (Heats Against Time)	