

*****This information is tentative and subject to change *****
Please revisit occasionally for revisions
Last Revised March 2, 2006

LSU NCAA Indoor Track & Field Qualifying Meet

Friday, March 3, 2006

**Carl Maddox Fieldhouse
Louisiana State University
Baton Rouge, Louisiana**

Entry Deadline: Thursday, March 2

**LSU NCAA Indoor Qualifier
March 3, 2006
LSU Field House -- Baton Rouge, Louisiana**

Entry Information and Instructions

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

1. There are no number limitations on entries for this meet.

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, enter your roster, 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 2005-2006 Meet Info.
2. Use the directions, password, and username acquired above to make your entries at 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 may go in and make changes as often as you wish up to the entry deadline, but after this time all entries are final.
4. Entry Deadline is 12:00 Noon, Thursday, March 2. Entries may be made as early as Sunday, February 26. You may make changes as often as you wish until the entry deadline.
5. No Faxed or Phoned entries will be accepted.

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 \$20 per athlete. Unattached Entries are \$20.
2. The entry fee will be waived for teams who compete 14 or more athletes.
3. This fee must be paid prior to the meet at packet pickup.
4. Checks should be made payable to LSU Athletic Department.
5. This entry fee will provide tickets for all athletes, and 2 extra passes for coaches and support staff per gender.

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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 Fieldhouse is located just off Nicholson Drive on the LSU campus.

PARKING

Parking is available at Bernie Moore Lot off Nicholson Drive, near the Southwest Portal of the LSU Field House (athletes and coaches entrance).

PACKET PICKUP

Coaches should pick up their team's meet packet prior to competing Friday between the hours of 1:00 PM and 4:30 PM at the Southwest Portal (athletes and coaches entrance) of the Fieldhouse. Unattached athletes should collect their packets there at the same time.

MEET PACKETS

Team packets will include heat sheets, time schedule, relay cards, coaches infield passes and instructions, meet tickets for athletes, and three additional meet tickets for coaches and support staff per gender.

MEET ADMISSION

Athletes and Coaches: Enter at Southwest Portal by presenting your meet ticket.

General Public: Enter at Southeast Portal. Admission is free.

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 Northeast Portal of the Fieldhouse for emergencies. 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 3, 4, 5, 6, and the portable bleachers located in the Southwest corner of the LSU Field House. All other sections are reserved for ticket holders only.

TIME SCHEDULE

A copy of the tentative time schedule is enclosed. A revised schedule will be in your packet, and will be posted on the web site www.lsusports.net Thursday, March 2 at 8 PM. Go to Track and Field and click on LSU Indoor NCAA Qualifying Meet Heat Sheets. Lack of entries may force cancellation of an event. Coaches will be notified in advance in this instance.

UNATTACHED ENTRIES

Unattached athletes should obtain a password for entry from the LSU Track and Field Office by emailing athirv@lsu.edu. Phone calls will not be accepted or returned. After obtaining this password, unattached athletes should enter the meet through Direct Athletics at www.directathletics.com. 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. Unattached athletes should pick up their packets at the Southwest Portal, and bring their printed receipt indicating payment from Direct Athletics in case of difficulty.

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.).
- NCAA Rules pertaining to electronic equipment will be strictly enforced on the arena floor of the

Fieldhouse

HEAT SHEETS & RESULTS

Heat sheets will be posted on the web site www.lsusports.net Thursday, March 2, at 8:00 PM. Go to Track & Field and click on LSU Twilight Invitational Heat Sheets. They will also be in your packet at check in. Individual event results will be posted at the conclusion of that event in the Southwest Corner of the Field House. Final results will be available to teams from the pressbox after the meet, and will be posted on the same web site.

INFIELD PASSES AND COACHING AREAS

Included in the meet packet will be infield coaching passes. These passes permit entry into either of two coaching boxes. These boxes are located next to the pole vault runway on the infield, and directly in front of the temporary bleachers in the southeast corner of the Fieldhouse just outside the oval.

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 check-in area (Clerk of Course, in the Northwest Portal). 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

In the 60 and 60 Hurdles, the Top 10 times from the qualifying rounds will advance to the final. In field events, the top 10 marks for the preliminary rounds will advance to the finals. Qualifying rounds will be canceled if there are insufficient entries.

SCORING

This will be a non-scoring meet.

IMPLEMENT INSPECTIONS

Throwing implements 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. Implements will be transported to the event area one half hour prior to the event's starting time.

STARTING HEIGHTS AND PROGRESSIONS

Starting Heights in the vertical jumps will be established by meet management after examination of entries. Contact the LSU Track Office with specific questions.

WARM UPS

Running Events: Warmups 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 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, no tape may be pulled within 20 minutes of starting time.

FURTHER INFORMATION

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

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Time Schedule

Field Events*****

Time	Event	Division	Round	Advance
3:30 PM	Pole Vault	Women	Final	
3:30 PM	Long Jump	Men	Trials & Final	10
3:30 PM	Shot Put	Men	Trials & Final	10
5:00 PM	Weight Throw	Men	Trials & Final	10
5:00 PM	Long Jump	Women	Trials & Final	10
6:30 PM	High Jump	Men	Final	
7:00 PM	Pole Vault	Men	Final	
8:00 PM	Triple Jump	Women	Trials & Final	10
8:00 PM	High Jump	Women	Final	

Track Events*****

Time	Event	Division	Round	Advance
6:30 PM	60-Meter Hurdles	Men	Preliminaries	10
6:40 PM	60-Meter Hurdles	Women	Preliminaries	10
6:50 PM	60-Meter Dash	Men	Preliminaries	10
7:00 PM	60-Meter Dash	Women	Preliminaries	10
7:10 PM	Mile Run	Men	Final (Sections Against Time)	
7:20 PM	Mile Run	Women	Final (Sections Against Time)	
7:30 PM	400-Meter Dash	Men	Final (Sections Against Time)	
7:35 PM	400-Meter Dash	Women	Final (Sections Against Time)	
7:40 PM	60-Meter Hurdles	Men	Final	
7:45 PM	60-Meter Hurdles	Women	Final	
7:50 PM	60-Meter Dash	Men	Final	
7:55 PM	60-Meter Dash	Women	Final	
8:00 PM	800-Meter Run	Men	Final (Sections Against Time)	
8:05 PM	800-Meter Run	Women	Final (Sections Against Time)	
8:10 PM	200-Meter Dash	Men	Final (Sections Against Time)	
8:20 PM	200-Meter Dash	Women	Final (Sections Against Time)	
8:30 PM	3000 Meter Run	Men	Final	