

Meet Information



LSU TRACK AND FIELD

LSU Invitational
April 2, 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 3:00 PM, Tuesday, March 29. Entries may be made as early as March 27th. You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.

Invited Teams LSU, Texas A & M University, US Military Academy, University of Connecticut, University of Illinois, University of Iowa

Meet Information

SCORING

The meet will be scored per NCAA Rules. Eight Places will be scored as such: 10-8-6-5-4-3-2-1. Only one relay team may score per university.

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 Saturday from 8:00AM to 10:00AM at Gate 2 (athletes and coaches entrance) at the northwest corner of Bernie Moore Track.

MEET PACKETS

Team packets will include heat sheets, time schedule, 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 3 by presenting your meet ticket.

General Public: Enter at Gate 4. Admission cost is \$5, \$3 for children aged 12 and under.

DRESSING FACILITIES

Locker room and shower facilities are available in the Field House 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, or emergencies. Team Trainers will be allowed to set up on the concourse behind Sections 10 and 11 in the lower deck of Bernie Moore Stadium.

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 FINAL time schedule is enclosed.

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.

HEAT SHEETS & RESULTS

Performance lists will be posted on the web site www.lsusports.net Wednesday, March 30th after 8:00 PM. Go to Track and Field and click on Performance Lists. Heat sheets will be in your packet at check in. Individual event results will be posted in main entry foyer 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.

PRE MEET PRACTICE

Bernie Moore Track will be available for team practice on Friday, April 1 from 4 PM to 7 PM based on event scheduling. Long throws: 4:00-5:30PM Javelin (East Runway), 5:30-7:00PM Hammer/Discus(West Ring)

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 clerk of course at Gate 1. This gate is located at the northwest corner of Bernie Moore Track near the Southeast Portal of the Fieldhouse. 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

All 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.

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 at 8:00 AM on Saturday, 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.

STARTING HEIGHTS

College Women

High Jump

1.58-1.63-1.68-1.73-1.77-1.80 (3cm)

Pole Vault

3.13-3.33-3.53-3.68-3.83-3.98-4.08-4.18-4.25-4.34 (5cm)

College Men

High Jump

1.85-1.90-1.95-2.00-2.05-2.09-2.13-2.16 (3cm)

Pole Vault

4.44-4.64-4.79-4.94-5.09-5.21-5.29-5.35 (5cm)

WARMUPS

Running Events: Warm ups for all running events will be inside the LSU Field House 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. 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.

TEAM STAGING

Teams may set up in the North East corner of the LSU Field House, or in the area adjacent to the Pete Maravich Center on the east side of the track. Only team personnel will be allowed in the LSU Field House.

COACHING ACCESS

Coaches will have access to the select areas of the infield during the competition. Field event coaches, please stay in the designated coaching box for your event when possible.

COACHES/MEDICAL STAFF HOSPITALITY

Will be available in the weight room from 2:00 to 4:00PM.

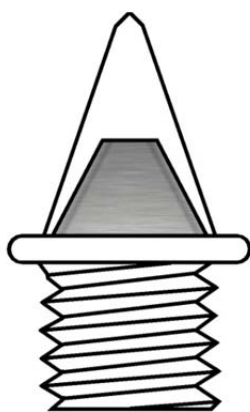
FURTHER INFORMATION

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:
 - 1/4" pyramids



TAPE

- Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. 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

Time	Event	Division	Round	Advance
Field Events*****				
10:00 AM	Javelin (West Runway)	Women	Trials and Finals	9
10:10 AM	Discus (East Cage)	Men	Trials and Finals	9
11:30 AM	Javelin (West Runway)	Men	Trials and Finals	9
11:40 AM	Discus (East Cage)	Women	Trials and Finals	9
12:00PM	Pole Vault	Women	Finals	
12:30PM	High Jump	Men	Finals	
1:00PM	Long Jump	Men	Trials and Finals	9
1:10PM	Long Jump	Women	Trials and Finals	9
1:30 PM	Shot Put	Men	Trials and Finals	9
1:40 PM	Hammer (West Cage)	Women	Trials and Finals	9
2:05 PM	High Jump	Women	Finals	
3:00 PM	Pole Vault	Men	Finals	
3:30 PM	Triple Jump	Men	Trials and Finals	9
3:30 PM	Shot Put	Women	Trials and Finals	9
3:40 PM	Triple Jump	Women	Trials and Finals	9
3:40 PM	Hammer (West Cage)	Men	Trials and Finals	9
Running Events*****				
1:55PM	National Anthem			
2:00 PM	4 x 100 Relay	Women	Final	
2:05 PM	4 x 100 Relay	Men	Final	
2:15 PM	3000m Steeplechase	Men	Final	
2:30 PM	800 meters	Women	Final	
2:40 PM	800 meters	Men	Final	
2:50 PM	100 hurdles	Women	Final (sections against time)	
3:00 PM	110 hurdles	Men	Final (sections against time)	
3:10 PM	400 meters	Women	Final (sections against time)	
3:15 PM	400 meters	Men	Final (sections against time)	
3:25 PM	100 meters	Women	Final (sections against time)	
3:30 PM	100 meters	Men	Final (sections against time)	
3:40 PM	1500 meters	Women	Final	
3:45 PM	1500 meters	Men	Final	
3:55 PM	400 hurdles	Women	Final (sections against time)	
4:00 PM	400 hurdles	Men	Final (sections against time)	
4:10 PM	200 meters	Women	Final (sections against time)	
4:20 PM	200 meters	Men	Final (sections against time)	
4:35 PM	5000 meters	Women	Final	
4:55 PM	5000 meters	Men	Final	
5:15 PM	4 x 400 Relay	Women	Final (sections against time)	
5:25 PM	4 x 400 Relay	Men	Final (sections against time)	