

Meet Information



LSU TRACK AND FIELD

**LSU High School Last Chance Meet
February 9-10, 2010
LSU Fieldhouse - Baton Rouge, Louisiana**

Entry Limitations

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

Event Limitations

The 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.

Eligibility

Any member school of the LHSAA in good standing may enter this meet. Competing athletes must be eligible to compete under LHSAA rules and compete with a school affiliation.

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 2010 Meet Info.
You should set your account up in advance of the deadline to avoid any problems.
2. Entry Deadline is Noon, Sunday, February 7. Entries may be made as early as Sunday, January 31. 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 Monday, February 8 after 6:00 PM under the LSU Last Chance Meet link on the www.lsusports.net site.

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 February 7 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	10-0	Boys	7-0	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

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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 and pole vault runways are rubber covered boards. 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). Busses 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 7:00 PM Tuesday, February 9 and Wednesday, February 10.

MEET PACKETS

Team packets will include heat sheets, time schedule, and admission wristbands for athletes. Coaches and support staff 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 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.

FIELDHOUSE PRACTICE TIMES

With the exception of the pole vaulting area, the Fieldhouse will be available for practice Tuesday, February 10 and Wednesday, February 11 from 4:00 PM to 4:45 PM. 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 Monday, February 8 at 6:00 PM. Go to Track and Field and click on Meet Info, then on the LSU High School Last Chance Info link.

UNATTACHED ENTRIES

As per LHSAA rules, unattached entries are not permitted. All athletes must compete with a school 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.)
- No cell phones, headphones, or any type of electronic equipment will be allowed on the arena floor of the Fieldhouse at any time.
- Minimum field event standards for measurement will be in effect. See entry limitations section for details.
- In distance races, no lapped runners will be removed from the track.
- No starting blocks will be used for the 400 meters, 4x400 meter relay, and the 4x200 meter relay.
- The National Federation's uniform rules will be strictly enforced.

DESCENDING ORDER LISTS & RESULTS

Descending order lists will be posted on the web site www.lsusports.net Monday, February 8 at 6:00 PM. Go to Track and Field, and click on Meet Info, then on the LSU High School Classic link. 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. The 4x800 and 4x400 Relays will be seeded and heated at the clerking station to prevent empty lanes should teams fail to show.

QUALIFYING

Running Events: All events will be contested in sections against time.

Field Events: In the Long Jump, Triple Jump and Shot Put, each athlete will be given 4 attempts total.

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:

For individual and relay events, points will be awarded as follows. 1st - 10 points; 2nd - 8 points; 3rd - 6 points; 4th - 4 points; 5th - 2 points; 6th - 1 point.

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: 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 30 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 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. Warmups 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.

AWARDS

Individual awards will be presented to the top 3 places in each event and members of the top 3 relays for both boys and girls divisions. Team awards will not be presented.

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.

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Time Schedule

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

5:00 PM	High Jump	Girls	Final	
5:00 PM	Long Jump	Boys	Final	
5:00 PM	Pole Vault	Boys	Final	
7:30 PM	High Jump	Boys	Final	
7:30 PM	Long Jump	Girls	Final	

Tuesday Track Events*****

6:00 PM	4x200 Relay	Girls	Final (Heats Against Time)
6:15 PM	4x200 Relay	Boys	Final (Heats Against Time)
6:30 PM	3200 Meters	Girls	Final (Heats Against Time)
6:50 PM	3200 Meters	Boys	Final (Heats Against Time)
7:10 PM	55 Meters	Girls	Final (Heats Against Time)
7:25 PM	55 Meters	Boys	Final (Heats Against Time)
7:40 PM	55 Hurdles	Girls	Final (Heats Against Time)
7:50 PM	55 Hurdles	Boys	Final (Heats Against Time)
8:00 PM	4x800 Relay	Girls	Final (Heats Against Time)
8:15 PM	4x800 Relay	Boys	Final (Heats Against Time)

Wednesday Field Events*****

5:00 PM	Triple Jump	Boys	Final
5:00 PM	Shot Put	Boys	Final
5:00 PM	Pole Vault	Girls	Final
7:30 PM	Triple Jump	Girls	Final
7:30 PM	Shot Put	Girls	Final

Wednesday Track Events*****

6:00 PM	400 Meters	Girls	Final (Heats Against Time)
6:20 PM	400 Meters	Boys	Final (Heats Against Time)
6:40 PM	800 Meters	Girls	Final (Heats Against Time)
7:00 PM	800 Meters	Boys	Final (Heats Against Time)
7:20 PM	1600 Meters	Girls	Final (Heats Against Time)
7:40 PM	1600 Meters	Boys	Final (Heats Against Time)
8:00 PM	4x400 Relay	Girls	Final (Heats Against Time)
8:20 PM	4x400 Relay	Boys	Final (Heats Against Time)

LSU Field House Boys High School Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.20	Rod Richardson	Davidson (Mobile, AL)	1987
55 M Hurdles	7.24	Ubeja Anderson	Eunice (LA)	1992
400 Meters	48.15	Ashton Collins	J. S. Clark (New Orleans, LA)	2001
500 Meters	1:06.71	Kevin Cox	West Jefferson (Harvey, LA)	1988
800 Meters	1:50.56	George Kersh	Pearl (MS)	1987
1000 Meters	2:37.47	Jerome Hamilton	Acadiana (Scott, LA)	1988
1500 Meters	4:00.64	Donnie Bernard	Comeaux (Lafayette, LA)	1990
1600 Meters	4:19.70	Jeffery Rhodes	Coffee (AL)	2004
3000 Meters	8:34.5	Donnie Bernard	Comeaux (Lafayette, LA)	1990
3200 Meters	9:27.19	John Brigham	St. Paul's Episcopal (Mobile, AL)	2004
4x200 Meter Relay	1:28.99	Kendrick Shanklin Travis Minor Calvin Williams Aaron Boone	Catholic (Baton Rouge, LA)	1997
4x400 Meter Relay	3:22.90	Ronald Marshall Aaron Collins Myron Weaver Ashton Collins	J.S. Clark (New Orleans, LA)	2002
4x800 Meter Relay	8:06.9hc	John Duplessis Henry Gallon Gerald Hebert Anthony Smith	O. Perry Walker (New Orleans, LA)	1982
	8:12.50		Catholic (Baton Rouge)	1996
High Jump	7-1	J. J. Barton	Lafayette (LA)	1996
Pole Vault	16-6 1/4	Russ Buller	Westlake (LA)	1996
Long Jump	24-11 ½	Troy Twillie	Slidell (LA)	1991
Triple Jump	50-1	Sidney Celestine	St. Amant (LA)	1988
Shot Put	67-6	Arnold Campbell	Airline (Bossier City, LA)	1984

LSU Field House Girls High School Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.90	Santana Lowery	Starkville (MS)	2005
55 M Hurdles (30")	7.88	Tanya Davish	Sterling (Houston, TX)	1986
55 M Hurdles (33")	8.07	April Sams	Mandeville (LA)	1997
400 Meters	55.93	Christie Fairley	George County (MS)	2000
500 Meters	1.18.22	Troquel Eden	Huntington (Shreveport, LA)	1988
800 Meters	2:13.54	Tara Arnold	Tara (Baton Rouge, LA)	1984
1000 Meters	3.12.00	Tiffany Cross	Barbe (Lake Charles, LA)	1988
1500 Meters	4:40.45	Theresa Harmon	Forest Hills (Jackson, MS)	1982
1600 Meters	4:55.70	Cory McGee	Pass Christian	2009
3000 Meters	10:39.38	Jackie John	Iowa (LA)	1998
3200 Meters	11:06.93	Malia Kali	St. Thomas Aquinas	2008
4x200 Meter Relay	1:42.09	Jessica Ohanaja Britney Orville Crysta Swayzer Jamestra Stitt	Westbury (Houston, TX)	2004
4x400 Meter Relay	3:59.44	Kim Kador Katara Rosby Katrina Taylor Brittany Harris	Baton Rouge (LA) Magnet	2002
4x800 Meter Relay	9:50.98		Baton Rouge (LA) Magnet	2004
High Jump	5-8	Nicole McClain	Westbury (Houston, TX)	1997
		Kaylah Burks	Davidson (Mobile, AL)	2001
Long Jump	19-6	Myra Combs	Southern Lab (Baton Rouge, LA)	1997
Triple Jump	39-8.5	Danielle Brown	McMain (New Orleans, LA)	1997
Pole Vault	13-9.25	Rachel Laurent	Vandebilt Catholic (Houma)	2008
Shot Put	45-5	Janet Hill	B.T. Washington (Shreveport, LA)	1992