

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

Tiger Cross Country Festival

High School Division

Saturday, September 23, 2006

Highland Road Park
Baton Rouge, Louisiana

Entry Deadline: Wednesday, September 20, 2006

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Highland Road Park - Baton Rouge, Louisiana

Entry Information and Instructions

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

1. Each team is allowed unlimited entries per gender.

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 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 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 11:30 PM, Wednesday, September 21. Entries may be made as early as Sunday, September 17. You may make changes as often as you wish until the entry deadline.
5. No Faxed or Phoned entries will be accepted.

Step 4: Arrange Payment of Your Entry Fee

1. Entry fees are \$50 per team (men and women are considered separate teams).
2. This fee must be paid at packet pickup.

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Meet Information

MEET SITE

The Highland Road Park is located in Baton Rouge on Highland Road, approximately 8 miles south of the LSU Campus and approximately 4 miles from Interstate 10.

MEET PACKETS

Team packets will include entry rosters, time schedule, course maps, competitor numbers, and quick-score materials.

PACKET PICKUP

Coaches should pick up their team's meet packet at the Check In area of the course Saturday between 7:00 AM and 8:00 AM. Entry fees are payable at this time.

DIRECTIONS TO HIGHLAND ROAD PARK

Approaching on I-10 from the West: Take the Seigen Lane exit, turning right onto Seigen Lane. Proceed approximately 2 miles to the intersection of Seigen and Highland Road. Turn left onto Highland Road, and proceed approximately $\frac{1}{4}$ mile. The park will be on the left at the intersection of Highland Road and Amiss Road.

Approaching on I-10 from the East: Take the Highland Road exit, then turn left back underneath the overpass. Turn right onto Highland Road, and proceed approximately 4 miles. The park will be on the right at the intersection of Highland Road and Amiss Road.

From LSU: Take Nicholson Drive South approximately $\frac{1}{4}$ mile. Turn left onto Burbank Drive, and proceed approximately 8 miles until it intersects with Highland Road. Turn right onto Highland Road, and proceed approximately $\frac{1}{4}$ miles. The park will be on the left at the intersection of Highland Road and Amiss Road.

MEET PARKING

Parking is available in the Highland Road Park lot off of Amiss Road.

MEET ADMISSION

Admission is free for all.

DRESSING FACILITIES

There are no dressing facilities at Highland Road Park. Please prepare accordingly.

TRAINING AREA

Trainers will be allowed to set up in the medical area, near the starting line just west of the softball field. Water will be provided by meet management.

SCHEDULE OF EVENTS

Collegiate Women Race	7:45 AM
High School Girls Race	8:30 AM
Collegiate Men Race	9:15 AM
High School Boys Race	10:00 AM

COURSE DISTANCES

High School Girls	3 Miles
Collegiate Women	6K
High School Boys	3 Miles
Collegiate Men	8K

COURSE DETAILS

Course maps are attached to this meet information, and will be available in your packet.

SCORING

Men's and Women's meets will be scored by NFSHSA rules.

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.

ENTRIES & RESULTS

Preliminary entries will be posted on the website www.lsusports.net Wednesday, September 20 at 7:00 PM. Go to Track & Field and click on Tiger Cross Country Festival Entries. They will also be in your packet at check in. Results will be posted at the conclusion of the meet, will be available to teams from the press area after the meet, and will be posted on the same website.

ATHLETE CHECK-IN

All runners must check in at their team's assigned starting box 15 minutes prior to the start of the race.

FINISHING PROCEDURES

Athlete's numbers will contain a tear off bar coded strip, which will be removed once the athlete enters the finishing chute. Please alert your athletes to this prior to the race.

QUICK SCORE

Coaches should complete the quick score according to enclosed instructions as soon as possible following the conclusion of each race. The quick score materials should be turned in at the scoring table near the softball field.

AWARDS

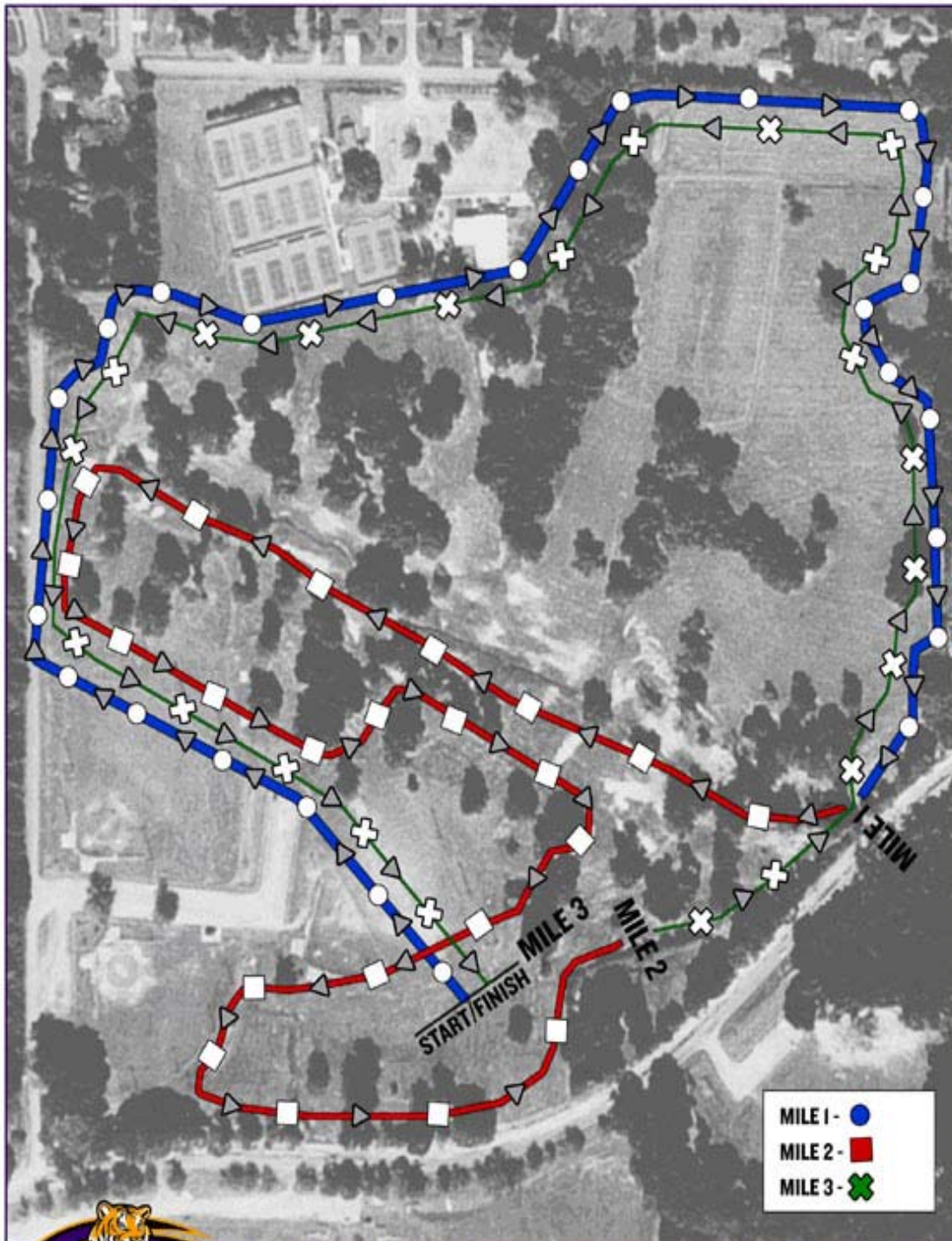
Awards will be presented to the team champions and top ten finishers in each gender at the completion of each race.

FURTHER INFORMATION

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

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Boy's and Girl's 3 Mile Course



HIGHLAND ROAD PARK
3 MILE COURSE