

*****This information is tentative and subject to change *****
Please revisit occasionally for revisions
Last Revised January 4, 2006

LSU High School Indoor Track and Field Classic

Friday & Saturday, January 6-7, 2006

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

Entry Deadline: Tuesday, January 3

LSU High School Indoor Classic
January 6-7, 2006
LSU Fieldhouse - Baton Rouge, Louisiana

Entry Information and Instructions

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

1. Information on entry limitations and standards can be found on the following pages.
2. Be sure athletes meet all entry limitations, including the Limited Entry Events.

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. This will take approximately 24 hours, so plan accordingly in order to make the entry deadline.

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 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 11:30 PM, Tuesday, January 3. Entries may be made as early as Monday, December 26. You may make changes as often as you wish until the entry deadline.

Step 4: Check Your Entries.

1. Return to www.lsusports.net after 4:00 PM Wednesday, January 4. Click on Track and Field, then click on LSU High School Classic. Meet entries will appear.
2. Check your entries for correctness. No changes are permissible at this point.
3. If there is some error, email corrections as directed below.

Step 5: Email Corrections

1. If there are errors in your entries, you may email detailed instructions for correction to athirv@lsu.edu. Be sure to list LSU HS Classic as the subject. These Emails must be received before 8:00 AM Thursday, January 5.
2. Error correction or scratches only are permissible at this time.

Step 6: Arrange Payment of your Entry Fee

1. Entry fee is \$8 per athlete entered, including relay personnel. The chart below is provided for your convenience. For athletes numbering above twenty, the entry fee continues to increase by \$8 per athlete.

Number of Athletes	Fee
1	\$8
2	\$16
3	\$24
4	\$32
5	\$40
6	\$48
7	\$56
8	\$64
9	\$72
10	\$80
11	\$88
12	\$96
13	\$104
14	\$112
15	\$120
16	\$128
17	\$136
18	\$144
19	\$152
20	\$160

2. Relays may be entered at no cost, but athletes competing on the relay must be included on your meet roster. Please do not enter relays that you do not intend to run.
3. Once entries are closed, the entry fee is determined and final. If you fail to bring entered athletes to the meet, the entry fee will not be adjusted at the meet.
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. You will not be able to compete without paying the entry fee.

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Entry Restrictions

ENTRY LIMITATIONS

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

LIMITED ENTRY EVENTS

The 400, 800, 1600, and 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.

RELAYS

Each school may enter one relay team in each relay event. Please do not enter relays you do not intend to run.

MINIMUM MARKS

For each field event, there will be a minimum mark. Efforts less than this distance will not be measured. In the vertical jumps, the starting height will serve as the minimum mark. These marks are:

	Boys	Girls
High Jump	5-6	4-6
Pole Vault	11-0	7-0
Long Jump	19-0	14-0
Triple Jump	39-0	28-0
Shot Put	40-0	25-0

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). 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 6:30 PM Friday, January 6 and from 9:00 AM to 1:30 PM Saturday, January 7.

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 \$8 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 6 from 4:00 PM to 4:45 PM and Saturday January 7 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 be in your packet, and will be posted on the website

www.lsusports.net Thursday, January 5 at 6:00 PM. Go to Track and Field and click on LSU High School Classic Heat Sheets.

UNATTACHED ENTRIES

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.
- In distance races, lapped runners will be removed from the track. A minimum of 12 runners shall remain in the race at all times. No runners will be pulled from the track with less than two laps remaining.
- 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.

HEAT SHEETS & RESULTS

Heat sheets will be posted on the web site www.lsusports.net Thursday, January 5 at 6:00 PM. Go to Track and Field and click on LSU High School Classic 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 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: 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.

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: 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 90 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.
- 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.

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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	48.74	Ashton Collins	J.S. Clark HS (New Orleans, LA)	2001
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	1:29.46	Brendan Christian Adrian Cyphers Elliot Walker George Williams	Texas Heat TC (Austin, TX)	2002
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 ½	Arnold Campbell	Airline HS (Bossier City, LA)	1984

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Girls Meet Records

Event	Mark	Athlete(s)	School	Year
55 Meters	6.85	Courtney Champion	Team Horizon	2003
55 M Hurdles (30")	7.88	Tanya Davish	Sterling HS (Houston, TX)	1986
55 M Hurdles (33")	8.08	Jessica Ohanaja	Westbury HS (Houston, TX)	2004
400 Meters	54.95	Brandi Cross	Stampede Track Club	2005
800 Meters	2:13.54	Tara Arnold	Tara HS (Baton Rouge, LA)	1989
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	11:21.87	Aubrey Phillips	Woodlawn HS (Baton Rouge, LA)	2004
4x200 Meter Relay	1:42.09	Jessica Ohanaja Britney Orville Crysta Swayzer Jametra Stitt	Westbury HS (Houston, TX)	2004
4x400 Meter Relay	3:55.68	Candyce Cross Carmen Mitchell Cyne Wardsworth Brandi Cross	Stampede Track Club (Houston, TX)	2005
4x800 Meter Relay	9:47.72	Jassimine Dalton Monica May April Washington Tara Prior	Visions Track Club (Missouri City, TX)	2004
High Jump	5-8	Nicole McClain	Westbury HS (Houston, TX)	1997
		Kaylah Burks	Davidson HS (Mobile, AL)	2001
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	11-6	Jessica Trujillo	DFW Elite	2005
Shot Put	42-4	Lila Knox	Capitol HS (Baton Rouge, LA)	1983

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Time 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*****				
6:00 PM	4x200 Relay	Girls	Preliminaries	7
6:40 PM	4x200 Relay	Boys	Preliminaries	7
7:20 PM	3200 Meters	Girls	Final (Heats Against Time)	
7:40 PM	3200 Meters	Boys	Final (Heats Against Time)	
8:20 PM	800 Meters	Girls	Final (Heats Against Time)	
8:50 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
3:30 PM	High Jump	Boys	Final	
3:30 PM	Long Jump	Girls	Trials and Final	10
3:30 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)	
12:40 PM	1600 Meters	Boys	Final (Heats Against Time)	
1:20 PM	55 Meter Hurdles	Girls	Semifinal	10
1:40 PM	55 Meter Hurdles	Boys	Semifinal	10
2:00 PM	55 Meters	Girls	Semifinal	10
2:40 PM	55 Meters	Boys	Semifinal	10
3:20 PM	400 Meters	Girls	Final (Heats Against Time)	
4:10 PM	400 Meters	Boys	Final (Heats Against Time)	
5:00 PM	55 Meter Hurdles	Girls	Final	
5:05 PM	55 Meter Hurdles	Boys	Final	
5:10 PM	55 Meters	Girls	Final	
5:15 PM	55 Meters	Boys	Final	
5:20 PM	4x800 Relay	Girls	Final (Heats Against Time)	
5:50 PM	4x800 Relay	Boys	Final (Heats Against Time)	
6:30 PM	4x400 Relay	Girls	Final (Heats Against Time)	
7:00 PM	4x400 Relay	Boys	Final (Heats Against Time)	