

Meet Information



LSU TRACK AND FIELD

LSU Alumni Gold Invitational
April 18, 2009
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 2009 Meet Info.
2. Entry Deadline is 11:30 PM, Tuesday, April 14. Entries may be made as early as Sunday, April 12. You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.

Entry Fees

1. Entry fees are \$200 per team (men and women are considered separate teams).
 2. This fee must be paid prior to the meet at packet pickup.
 3. Checks should be made payable to LSU Athletic Department.
 4. This entry fee will provide tickets for all athletes and 5 extra passes for coaches and support staff per gender.
 5. **Unattached athletes** must make payment online at www.directathletics.com with a credit card.
- PLEASE READ ENTRY INFORMATION BELOW FOR ENTRY DEADLINES FOR UNATTACHED ENTRIES.**

Entry Restrictions

Number Restrictions

Relays:	2 teams per school
100 Meters:	unlimited entries
100/110 Meter Hurdles:	unlimited entries
200 Meters:	3 per school
400 Meters, 400 Hurdles:	3 per school
800 Meters:	3 per school
1500 Meters:	unlimited entries
3000 Steeplechase	unlimited entries
5000 Meters:	unlimited entries
All Field Events:	3 entries per school

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Meet Information

MEET SITE

Bernie Moore Track Stadium is a 5,280-seat facility with two tracks, a 400-meter oval and an interior sprint/hurdle straightaway. Both tracks have nine 42" lanes. Field event areas include three 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 synthetic javelin runway, two hammer/discus rings and cages. Bernie Moore Track Stadium is located on the LSU Campus off Nicholson Drive.

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 Friday from 4:30 PM to 6:30 PM and Saturday from 7:30 AM to Noon 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 2 by presenting your meet ticket.

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

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 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 tentative time schedule is enclosed. Running event times are approximate. A revised schedule will be in your packet, and will be posted on the web site www.lsusports.net Thursday, April 16 at 8:00 PM. Go to Track and Field and click on LSU Alumni Gold Heat Sheets.

UNATTACHED ENTRIES

Unattached entries must:

- 1) Set up an individual account on www.directathletics.com. Please do this in advance of the entry deadline as it takes several days for this to process.
- 2) Email the LSU Track and Field Office with event(s) and entry mark for permission to enter the meet. If permission is granted a password will be emailed.
- 3) Enter on line through the individual account at www.directathletics.com.
- 4) Payment for meet entry of \$20 will be done on line at time of entry. A credit card will be required.

NO PHONE or EMAIL entries will be accepted. DO NOT WAIT UNTIL LAST MINUTE TO REQUEST PASSWORD.

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. (Walkman-type individual radios are OK.)

HEAT SHEETS & RESULTS

Heat sheets will be posted on the web site www.lsusports.net Thursday, April 16 at 8:00 PM. Go to Track and Field and click on LSU Alumni Gold Heat Sheets. They will also be in your packet at check in. Individual event results will be posted near Gate 2 near the south end 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 17 from 5:00 PM to 7:00 PM based on combined event scheduling. Please be aware that there will be a combined event competition being contested which may require areas of the track to be closed.

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.

SCORING

This will be a non-scoring meet.

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 4:30 PM on Friday and 7:30 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

Approximate Starting Heights in the vertical jumps are as follows. Men's High Jump: 6-4; Women's High Jump, 5-2; Men's Pole Vault, 14-6; Women's Pole Vault, 10-6. Exact starting heights will be determined by meet management after all entries are received.

WARMUPS

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

FURTHER INFORMATION

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

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Tentative Time Schedule

FRIDAY, April 17

Time	Event	Division	Round	Advance
6:00 PM	Hammer	Women	Trials & Finals	9
8:00 PM	Hammer	Men	Trials & Finals	9

SATURDAY, April 18**Field Events*******

9:00 AM	Discus	Men	Trials & Finals	9
10:00 AM	Long Jump	Men	Trials & Finals	9
10:00 AM	Long Jump	Women	Trials & Finals	9
11:30 PM	Pole Vault	Men	Final	
11:30 PM	Discus	Women	Trials & Finals	9
1:00 PM	Triple Jump	Women	Trials & Finals	9
1:00 PM	Triple Jump	Men	Trials & Finals	9
1:30 PM	High Jump	Men	Final	
1:45 PM	Javelin	Women	Trials & Finals	9
2:00 PM	Shot Put	Men	Trials & Finals	9
3:00 PM	Long Jump Invitational	Women	Trials & Final	9
3:30 PM	Long Jump Invitational	Men	Trials & Final	9
3:30 PM	Pole Vault	Women	Final	
4:00 PM	High Jump	Women	Final	
4:15 PM	Javelin	Men	Trials & Finals	9
4:30 PM	Shot Put	Women	Trials & Finals	9
4:30 PM	Triple Jump Invitational	Women	Trials & Finals	9
5:00 PM	The Lejaun Simon Triple Jump Invitational	Men	Trials & Finals	9

Running Events*******EARLY SESSION**

11:30 AM	3000 Steeplechase	Women	Final
11:45 AM	3000 Steeplechase	Men	Final
12:00 PM	100 meters	Women	Final (Slow Sections)
12:10 PM	100 meters	Men	Final (Slow Sections)
12:20 PM	1500 Meters	Women	Final (Slow Sections)
12:30 PM	1500 Meters	Men	Final (Slow Sections)
12:40 PM	110 Hurdles	Men	Final (Slow Sections)
12:50 PM	100 Hurdles	Women	Final (Slow Sections)
1:00 PM	400 Meters	Women	Final (Slow sections)
1:10 PM	400 Meters	Men	Final (Slow sections)
1:20 PM	200 Meters	Women	Final (Slow sections)
1:30 PM	200 Meters	Men	Final (Slow sections)
1:40 PM	800 Meters	Women	Final (Slow sections)
1:50 PM	800 Meters	Men	Final (Slow sections)
2:00 PM	400 Hurdles	Men	Final (Slow sections)
2:10 PM	400 Hurdles	Women	Final (Slow sections)

EVENING SESSION

2:45 PM	National Anthem		
3:00 PM	4x100 Relay	Women	Final (Heats Against Time)
3:10 PM	4x100 Relay	Men	Final (Heats Against Time)
3:20 PM	1500 Meters (A)	Women	Final
3:30 PM	1500 Meters (A)	Men	Final
3:40 PM	100 Hurdles	Women	Final
3:45 PM	110 Hurdles	Men	Final
3:50 PM	400 Meters	Women	Final - 2 Heats (Top 16)
4:00 PM	400 Meters	Men	Final - 2 Heats (Top 16)
4:10 PM	100 Meters	Women	Final - 2 Heats
4:25 PM	100 Meters	Men	Final - 2 Heats
4:40 PM	800 Meters (A)	Women	Final - 2 Heats (Top 16)
4:50 PM	800 Meters (A)	Men	Final - 2 Heats (Top 16)
5:00 PM	400 Hurdles (A)	Women	Final
5:10 PM	400 Hurdles (A)	Men	Final
5:15 PM	200 Meters	Women	Final - 2 Heats
5:25 PM	200 Meters	Men	Final - 2 Heats
5:35 PM	5000 Meter Run	Women	Final

Revised 4/13/2009, 6:09:44 PM

5:37 PM	(Senior Recognition during the 5000Meter Run)		
5:55 PM	5000 Meter Run	Men	Final
6:15 PM	4x400 Meter Relay	Women	Final (Heats Against Time)
6:30 PM	4x400 Meter Relay	Men	Final (Heats Against Time)