



Dear Coach,

We hope you and your team can come watch the LSU Tigers and Lady Tigers compete at home during the regular season. Admission is free!

Friday, February 21-LSU Twilight
Saturday, April 4-Battle on the Bayou
Saturday, April 25-LSU Alumni Gold
Saturday, May 2-LSU Invitational

The LSU Track & Field Coaches are putting on a free clinic for coaches in the LSU Team Room located on the backstretch of the track on Saturday, February 8 from 8:15-9:00am and 9:00-9:45am. Head Coach Dennis Shaver will speak about the Sprints, Hurdles and Relays from 8:15-9:00am and Assistant Coach Greg Watson will speak about the Throws from 9:00-9:45am.

If your team is looking for opportunities for community service, we can always use volunteers at our collegiate outdoor meets. Please contact Andrea Tepe at tepeal@lsu.edu if you are interested in helping.

Geaux Tigers!

A handwritten signature in black ink, appearing to read "Dennis Shaver".

Dennis Shaver
Head Coach
LSU Track & Field



Important Dates & Deadlines

All times listed are Central Time (CST)

Tuesday, February 4th	3:00pm	Deadline to enter the 2020 LSU High School Last Chance Qualifier
Wednesday, February 5th	7:00pm	Performance list and final time schedule will be posted at www.LSUsports.net/meetinfo
Saturday, February 8th	8:00-11:30am	Packet pickup available at the Bernie Moore Stadium Ticket Office

Entry Information & Instructions

Eligibility	This meet is only open to LHSAA schools. No out of state schools or clubs are allowed. 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. As per LHSAA rules, unattached entries are not permitted.
Entry Limitations	Individual Events: 2 athletes per school. An athlete may not be entered in more than 4 events. Relay Events: 1 relay team per relay event
Entry Procedure	All entries will be done through www.DirectAthletics.com . <i>You should set your account up in advance of the deadline to avoid any problems.</i> No faxed, emailed or phoned entries will be accepted.
Entry Fees	<p>Entry fees are calculated by the number of athletes entered in the meet at the entry deadline, including those on relay teams and alternates. <u>Entry fees will NOT be adjusted if you fail to bring entered athletes to the meet.</u> Relay team members and alternates must be included on your entry list. If your team does not attend the meet, you will be required to pay the entry fee at the next meet you attend or an invoice for the entry fee amount will be sent to your school.</p> <p>The entry fee is \$15 per athlete. There is no team cap.</p> <p>Payment will be accepted at packet pickup. Only school checks, cash, and money orders will be accepted; purchase orders and personal checks will not be accepted. Make checks payable to <u>LSU Track & Field Officials Association</u>. Please do not mail payment.</p>

Meet Information

Awards	<p>Awards will be given as outlined below:</p> <ul style="list-style-type: none"> T-shirts will be awarded to the top 3 places in each event, including members of the top 3 relays. <p>Awards may be picked up at the awards station 10 minutes after the conclusion of the event. The awards station is located on the infield near the midpoint of the sprint straightaway.</p>
Bags	<p>All bags will be searched and checked at each entrance. Spectators & teams/athletes have different bag policies. DO NOT LEAVE VALUABLE ITEMS UNATTENDED AT ANY TIME.</p>
Teams/Athletes	<p>Only shoe bags & drawstring bags are permitted inside Carl Maddox Fieldhouse through the team entrance at the Northwest Portal. Water is the only food/beverage item permitted. No food, colored drinks, or bags of excessive size (backpacks, duffel bags, suitcases, coolers) are permitted inside Carl Maddox Fieldhouse. Please only bring minimal items necessary to competition; necessary team supplies may be brought into Bernie Moore Stadium through Gate 2.</p>
Spectators	<p>LSU has implemented the Geaux Clear bag policy for all athletic venues. For the safety and security of everyone in attendance, all patrons entering the Maddox Fieldhouse must abide by the clear bag policy. Please visit www.LSUSports.net/GeauxClear for additional information.</p>
Check-In	<p>Running & Relay Events: Athletes must check in before the start of the preceding event at the Clerk of Course, accessible through the Northwest Portal of Carl Maddox Fieldhouse. All athletes must have their spikes checked prior to check-in. Relay teams must turn in a relay card when they check in at the Clerk of Course. 4x200 teams can begin checking in 40 minutes before the scheduled start of the race and must be checked in 20 minutes prior to the scheduled start of the race</p> <p>Field events: Athletes must check in 30 minutes prior to the start of their event with the Head Judge at the event site. All athletes must have their spikes checked prior to check-in.</p>
Coaching Access	<p>Coaches will be able to coach from outside the perimeter of the track everywhere except the start/finish areas and the homestretch. <u>ATHLETES ARE NOT PERMITTED TO CROSS THE TRACK AT ANY TIME TO RECEIVE COACHING.</u> Only coaches with a coach lanyard may coach from the purple bleachers on the homestretch.</p> <p>Coaches with a Pole Vault Coach wristband may sit in the first row of purple bleachers near the Pole Vault pit. <u>No coaches, including Pole Vault coaches, are permitted on the infield at any time.</u></p>
Coaches Clinics	<p>A free coaches clinic will be offered in the LSU Team Room located on the backstretch of the track. The members of the LSU Track & Field Staff will be the presenters.</p> <p>8:15am-9:00am – Dennis Shaver, Head Coach – Sprints, Hurdles & Relays 9:00am-9:45am – Greg Watson, Assistant Coach – Throws</p>
Coaches Wristbands	<p>Coaches and support staff must present the LHSAA card at the Bernie Moore Ticket Office to receive a wristband.</p>
Electronic Devices	<p>No electronic devices will be allowed on the infield or track area of Carl Maddox Fieldhouse or Bernie Moore Stadium. Electrical outlets around the facility are not available for personal use.</p>
Entry Marks	<p>All events are seeded and running event lanes are drawn according to times submitted. No changes will be made after the close of entries or at the meet.</p>
Facility	<p>Carl Maddox Fieldhouse on the campus of LSU is a 1,500-seat facility that was renovated in 2014. It is a flat 200-meter Mondo track surface with six 42" wide lanes on the oval and eight lanes on the straightaway. The facility contains two wooden horizontal jumps runways. The throwing circles are plywood.</p>

Food & Drink	No outside food or drink will be permitted in Carl Maddox Fieldhouse. All team food and drink must be kept in the bleachers at Bernie Moore Stadium. Only water is permitted on the rubber surface at both the indoor and outdoor track.																		
Heat Sheets & Live Results	Heat sheets will be in your packet at check in. Individual event results will be posted at results.deltatiming.com/lsu . Final results will be available from the press box after the meet and will be posted on results.deltatiming.com/lsu .																		
Meet Admission	<p>Athletes: Enter at Northwest portal by presenting your wristband.</p> <p>Coaches: Enter at Northwest portal by presenting your wristband. Only coaches with the Pole Vault wristband or the coach lanyard may enter the Southwest or Southeast portals. Those wearing a coach lanyard must also be wearing a coach wristband.</p> <p>Spectators: Tickets must be purchased at the ticket window at the Southwest Portal. Spectators may enter the Southwest or Southeast Portal with a ticket. Admission cost is \$10, \$3 for children aged 12 and under.</p>																		
Minimum Marks & Starting Heights	<p>Minimum marks for measurement and starting heights are listed below. The first legal mark for each athlete will be measured; all other marks must meet the minimum for measurement.</p> <table><thead><tr><th></th><th>Boys</th><th>Girls</th></tr></thead><tbody><tr><td>High Jump</td><td>5-6</td><td>4-6</td></tr><tr><td>Pole Vault</td><td>10-0</td><td>7-0</td></tr><tr><td>Long Jump</td><td>18-0</td><td>14-0</td></tr><tr><td>Triple Jump</td><td>37-0</td><td>28-0</td></tr><tr><td>Shot Put</td><td>40-0</td><td>25-0</td></tr></tbody></table>		Boys	Girls	High Jump	5-6	4-6	Pole Vault	10-0	7-0	Long Jump	18-0	14-0	Triple Jump	37-0	28-0	Shot Put	40-0	25-0
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Packets	Team packets will include heat sheets, time schedule, wristbands for athletes, a Pole Vault Coach wristband, and a coach lanyard for access to the purple bleachers. <u>Wristbands serve as entry into the facility. Athletes, coaches, and support staff will be charged \$15 to replace a lost wristband.</u>																		
Parking	Parking is available at the Bernie Moore Lot (lot 104) off Nicholson Drive. Buses may drop off and pick up along Chimes Street North of the Fieldhouse in the designated area; see attached bus routing map. Buses may not stage along Chimes Street, please call your bus driver when your team is ready to be picked up. Bus parking will be in the designated lot off Skip Bertman Drive. Any illegally parked vehicles may be subject to ticketing and towing.																		
Pole Vault Certification	<p>Pole certification will take place in the Northwest Portal of Carl Maddox Fieldhouse. It will begin 90 minutes prior to the start of the respective competition and terminate 10 minutes prior to the start of the event. Certification will only take place for the current event.</p> <p>Pole vault athletes will need to bring the LHSAA approved Pole Vaulters Weight Verification Form signed by the coach, athletic director, and the principal. The form is located on the last page of this meet information.</p> <p>After certification, the athlete will be permitted to bring poles to the competition site. Coaches are not allowed on the infield at any time. Poles may be stored in the Northwest Portal on the pole vault rack.</p>																		
Preferred Lanes	For the 200m/400m, preferred lanes are 4-5-6-3-2-1. For the 60m/60m Hurdles, preferred lanes are 5-6-4-3-7-2-8-1.																		
Qualifying	<p>Running Events: In the 60 Meter and 60 Meter Hurdles, there will be 2 rounds (semifinal and final) of competition. The top 8 times from the semifinals will advance to the final round. All other events will be contested on a basis of sections by time.</p> <p>Field Events: In the Long Jump, Triple Jump, and Shot Put, each athlete will be given 3 attempts in the trials. The top 8 from the trials will be taken to a final immediately following for 3 additional attempts.</p>																		

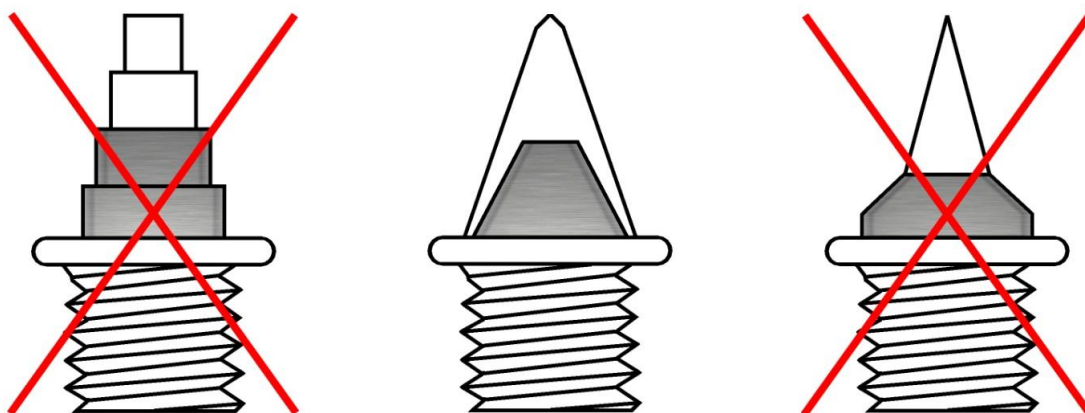
Restrooms	Portable restrooms will be available outside the Northwest and Southwest portals of Carl Maddox Fieldhouse. There are no shower or changing facilities available. Coaches wearing the lanyard can access the permanent restrooms in the Southeast corner of the facility.
Running Events	<p>Blocks may be used only in the 60 Meter and 60 Meter Hurdles. No starting blocks will be used for the 4x200 Relay, all 400 Meter races and all 4x400 Relay races.</p> <p>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.</p>
Scoring	Non-scored
Scratches	<p>In an effort to avoid empty lanes, coaches will have the opportunity to scratch athletes during packet pickup in the following events: 800, 60, and 400. Scratch forms are due by 11:30am to packet pickup or to the press box. Heat and lane assignments will be available at results.deltatiming.com/lsu after 12:00pm Saturday. <u>SCRATCHED ATHLETES WILL NOT BE REPLACED BY ANOTHER ATHLETE ON YOUR TEAM. Scratching athletes will not change your entry fee.</u></p>
Shot Put Weigh-In	<p>Shot Put inspections will be held in the Implement Weigh In Room inside the Northwest Portal of Carl Maddox Fieldhouse. Inspections will begin 90 minutes prior to the scheduled start of competition and will terminate 30 minutes prior to the scheduled start of competition in each throwing event. Implements will be transported to the event site 30 minutes prior to the scheduled start of competition. Athletes will only be permitted to use soft type shots. LSU will not provide any shots.</p>
Sports Medicine	Trainers will be available in the Northeast Portal of Carl Maddox Fieldhouse for emergencies only. No other athletic training services will be provided.
Tape	Tape for any marking on the track must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified.
Team Camps	<p>Team camps may be set up in the bleachers at Bernie Moore Stadium. Access to Bernie Moore Stadium will be available through Gate 2 near packet pickup. Teams will not be allowed to set up tents inside Bernie Moore Stadium.</p> <p>DO NOT LEAVE VALUABLE ITEMS UNATTENDED AT ANY TIME.</p>
Team Seating	All coach and athlete seating will be located in the bleachers outside the perimeter of the indoor track. No athletes will be permitted in the purple bleachers along the homestretch.
Time Schedule	Running event times published on the final time schedule are approximate; a rolling time schedule will be run. Coaches should prepare their athletes for this rolling schedule and for possible advances or delays.
Uniform Rules	The uniform rules of the LHSAA will be enforced.
Warm Ups	<p>With the exception of the Pole Vault area, the Carl Maddox Fieldhouse will be available for warm up on Saturday, February 8 from 9:45-10:30am. No coaches will be permitted on the infield. Bernie Moore Track will be available for warm ups throughout the remainder of the meet.</p> <p>Field Events: Athletes will have access to field event venues for warm ups approximately 30 minutes prior to the scheduled start of competition (60 minutes for Pole Vault). Warm ups for field events will be terminated 10 minutes prior to the scheduled start of the event.</p>

Further Information For further information, contact the LSU Track & Field Office at (225) 578-8627. Louisiana State University, the Athletics Department, and Event Management are not responsible for any lost or stolen items. Please leave all valuables and personal items at home. LSU Athletics does not provide security for monitoring personal belongings.

FACILITY REGULATIONS

SPIKES

- All spikes must be checked outside at Gate 13 of Bernie Moore Track. Spikes must be checked prior to accessing Bernie Moore Track or entering Carl Maddox Fieldhouse. Athletes will not be allowed to compete without having their spikes tagged. Any athletes competing with non-tagged spikes will be disqualified.
- Acceptable spikes:
 - ¼" pyramids



TAPE

- Tape for any marking on the track surface must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified

FOOD & DRINK

- Water is the only permitted drink allowed on the rubber surface at Bernie Moore Stadium and inside Carl Maddox Fieldhouse
- Team food is only permitted in the bleachers at Bernie Moore Stadium

BAGS

- Only shoe bags & drawstring bags are permitted inside Carl Maddox Fieldhouse. No bags of excessive size (backpacks, duffel bags, suitcases, coolers) are permitted inside the Fieldhouse.



FINAL Time Schedule

Field Events

Time	Event	Division	Round	Advance
11:00am	Long Jump	Boys	Trials & Final	8
11:00am	Long Jump	Girls	Trials & Final	8
11:00am	High Jump	Boys	Final	
11:00am	Pole Vault	Girls	Final	
11:00am	Shot Put	Boys	Trials & Final	8
2:15pm	Triple Jump	Girls	Trials & Final	8
2:30pm	Shot Put	Girls	Trials & Final	8
3:00pm	High Jump	Girls	Final	
3:00pm	Triple Jump	Boys	Trials & Final	8
3:00pm	Pole Vault	Boys	Final	

Running Events

Time	Event	Division	Round	Advance
10:55am	National Anthem			
11:00am	4x200 Meter Relay	Girls	Final (Sections against time)	
11:20am	4x200 Meter Relay	Boys	Final (Sections against time)	
11:50am	1600 Meters	Girls	Final (Sections against time)	
12:20pm	1600 Meters	Boys	Final (Sections against time)	
1:00pm	800 Meters	Girls	Final (Sections against time)	
1:25pm	800 Meters	Boys	Final (Sections against time)	
2:05pm	60 Meter Hurdles	Girls	Preliminaries	8
2:20pm	60 Meter Hurdles	Boys	Preliminaries	8
2:35pm	60 Meters	Girls	Preliminaries	8
3:05pm	60 Meters	Boys	Preliminaries	8
3:40pm	400 Meters	Girls	Final (Sections against time)	
4:15pm	400 Meters	Boys	Final (Sections against time)	
4:55pm	4x800 Meter Relay	Girls	Final (Sections against time)	
5:25pm	4x800 Meter Relay	Boys	Final (Sections against time)	
6:00pm	60 Meter Hurdles	Girls	Final	
6:05pm	60 Meter Hurdles	Boys	Final	
6:10pm	60 Meters	Girls	Final	
6:15pm	60 Meters	Boys	Final	
6:20pm	3200 Meters	Girls	Final (Sections against time)	
6:50pm	3200 Meters	Boys	Final (Sections against time)	
7:30pm	4x400 Meter Relay	Girls	Final (Sections against time)	
8:00pm	4x400 Meter Relay	Boys	Final (Sections against time)	



Parking Map & Bus Traffic Flow



Coming from West on Interstate 10:

Take I-10 to the Nicholson Drive/Highland Road exit (Exit 155A). Keep right and turn right onto Terrace Street. Turn left onto Nicholson Drive and proceed 1.5 miles and turn left on West Chimes Street. If you reach North Stadium Drive (and Tiger Stadium) you have gone too far. Bus drop off is on West Chimes Street at the entrance to Lot 105.

Coming from East on Interstate 10:

1) Take I-10 to Highland Road (La. 42, exit 166). Turn left onto Highland Road and proceed 10.5 miles until reaching South Quad Drive on the left. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles just past North Stadium Drive (and Tiger Stadium). Go past Bernie Moore Stadium and Carl Maddox Fieldhouse and turn right on West Chimes Street. Bus drop off is on West Chimes Street at the entrance to Lot 105.

2) Take I-10 to Acadian Thruway (La. 427, exit 157B). Turn left onto Acadian Thwy. and proceed 2.0 miles until reaching Highland Rd. (note that Acadian becomes Stanford Ave. and then LSU Ave.). Turn right onto Highland Road and proceed 0.4 miles until reaching South Quad Drive on the left. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles just past North Stadium Drive (and Tiger Stadium). Go past Bernie Moore Stadium and Carl Maddox Fieldhouse and turn right on West Chimes Street. Bus drop off is on West Chimes Street at the entrance to Lot 105.

POLE VAULTER'S WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools will be required to process the **Pole Vaulter's Weight Verification Form** listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's Office prior to a pole vaulter's first interscholastic competition.

School _____

	<u>Name of Vaulter</u>	<u>Weight*</u>	<u>Pole Rating</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

***Includes full competition uniform and footwear**

Date _____ Signature of Principal _____

Date _____ Signature of Athletic Director _____

Date _____ Signature of Coach _____

NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

- Rule 6-5-19: Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, the use of forearm cover to prevent injuries is permitted. Competitors may use chalk or an adhesive or similar substance such as rosin on their hands or directly on the pole during competition.
- Rule 6-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's must include on each pole; the pole rating that shall be a minimum of $\frac{3}{4}$ -inch in a contrasting color, located within or above the top hand hold position; a one-inch circular band indicating the maximum top hand hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements.
- Rule 6-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his or her weight during warm-up or competition. NOTE: Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**
- Rule 6-5-5: Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment as per Rule 6-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of $\frac{3}{4}$ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band.
- Rule 6-5-27h: It is a foul if the competitor grips the pole above the top handhold band.

PLEASE MAKE COPIES - THIS FORM SHOULD BE KEPT ON FILE AND COMPLETED EACH SCHOOL YEAR