



Participating Teams

Louisville, Miami, Minnesota, Purdue, Texas, UCF-Women

Important Dates & Deadlines

All times listed are Central Time (CST)

Wednesday, April 20	3:00pm	Deadline to enter the 2022 LSU Alumni Gold
Thursday, April 21	3:00pm	Performance list and final time schedule posted at www.LSUsports.net/meetinfo
Friday, April 22	4:00-6:00pm	Bernie Moore Track is open for practice; packet pickup will also be available
Saturday, April 23	8-10:30am	Packet pickup available at the Carl Maddox Fieldhouse Ticket Office

Entry Information & Instructions

- Entry Standards** Only TFRRS verified marks will be able to be entered. Each school may only enter 1 relay team in each relay event.
- Entry Procedure** *All entries will be done through www.DirectAthletics.com. Only 2022 TFRRS verified marks will be able to be entered. Athletes/relays that do not have a 2022 mark must be entered as "No Mark." be aware that DirectAthletics marks do not automatically update after you enter. If your athlete improves their performance between the time you enter and the entry deadline, you need to re-enter them in order to update the mark.*
- Entry Fees** Entry fees are \$500 per team (men and women are considered separate teams). Entry fees will be collected at packet pickup. Checks should be made payable to the **LSU Athletic Department**. Please do not mail payment.

Meet Information

Athlete Check-In	Running Events: Athletes must check in before the start of the preceding event at Clerk of Course (near Gate 11). Relay teams must turn in a relay card when they check in at the Clerk of Course. All athletes must have their spikes checked prior to check-in. Field events: Athletes must check in 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.
Bags	All bags will be searched and checked at each entrance. Spectators & teams/athletes have different bag policies.
<i>Teams/Athletes</i>	Team backpacks and other necessary team supplies are only permitted in the team camp area in Carl Maddox Fieldhouse.
<i>Spectators</i>	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 Bernie Moore Stadium must abide by the clear bag policy. Please visit www.LSUSports.net/GeauxClear for additional information.
Coaching Access	Field event coaches will have access to designated coaching boxes on the infield during the competition.
Electronic Devices	NCAA rules pertaining to electronic equipment will be strictly enforced on Bernie Moore Track. Please refrain from using electronic devices on the rubber surface in Carl Maddox Fieldhouse for safety purposes.
Facility Access	Team access to Bernie Moore Track and Carl Maddox Fieldhouse will begin 2 hours prior to the first event.
Food & Drink	Teams may bring food and drink into the team camp area on the glittered floor of Carl Maddox Fieldhouse. Only water is allowed on the rubber surface inside Carl Maddox Fieldhouse and on Bernie Moore Track.
Heat Sheets & Live Results	Heat sheets will be in your packet at check in. Live results will be available at results.deltatiming.com/lsu . Final results will be will be posted on results.deltatiming.com/lsu .
Media Contact	All sports information and media credential requests should be done through Aaron Hyder at ahyder@lsu.edu . These can be picked up from the Press Box inside Bernie Moore Stadium.
Meet Admission	Athletes and Coaches: Enter at Gate 2 by presenting your wristband. Spectators: Enter at Gate 3. Admission is free of charge.
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 407 off Skip Bertman Drive. Any illegally parked vehicles may be subject to ticketing and towing.
Pole Shipping	Please do not have pole vault poles shipped to LSU. Poles must be shipped to your hotel.
Preferred Lanes	5-6-4-7-3-8-2-9-1
Pre-Meet Practice	Bernie Moore Track will be available for team practice from 4-6pm on Friday, April 22. Carl Maddox Fieldhouse will not be open for practice.
Scoring	Non-scored

Spike Check	Only 1/4" pyramid spikes are permitted (3/8" recessed pyramid spikes are permitted for High Jump & Javelin). All spikes must be checked at the spike check window inside Gate 13 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.
Starting Heights	Starting heights and increments will be determined upon conclusion of entries.
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	Team camps will be inside Carl Maddox Fieldhouse. Athletes and coaches can enter the Fieldhouse through the Southwest Portal near Gate 11 of Bernie Moore Track. SPIKES ARE ONLY PERMITTED ON THE RUBBER INSIDE THE FIELDHOUSE. Athletes must change into and out of their spikes on the rubber surface; no spikes are permitted in the team areas on the glittered floor.
Warm-ups	Carl Maddox Fieldhouse will be available for warm ups. Field Events: Athletes will have access to field event venues for warm ups approximately 30 minutes prior to the scheduled start of competition (Pole Vault will have access 45 minutes and High Jump 45 minutes prior to the scheduled start). Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event.
Weather Policy	In the event the stadium must be cleared, everyone with a wristband may take shelter in Carl Maddox Fieldhouse. All spectators will need to go to their vehicles. Please follow all PA instructions regarding weather.
Weigh-Ins	Implement inspections will be held in the LSU Track & Field Equipment Building, accessible through Gate 14. Inspections for all throwing events will begin 2 hours prior to the scheduled start of competition on Saturday. Implements will be transported to the event site 45 minutes prior to the scheduled start of competition.

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.



Tentative Time Schedule

Field Events

9:30 AM	Women's Discus (West Cage)
11:00 AM	Men's Discus (West Cage)
12:00 PM	Women's Shot Put
12:00 PM	Men's Hammer
12:00 PM	Women's Pole Vault
1:00 PM	Women's High Jump
1:30 PM	Women's Hammer
1:30 PM	Men's Shot Put
1:45 PM	Women's Long Jump
1:45 PM	Men's Long Jump
3:00 PM	Men's Pole Vault
3:00 PM	Men's Javelin (West Runway)
3:00 PM	Women's Javelin (East Runway)
3:30 PM	Men's High Jump
3:45 PM	LeJuan Simon Men's Triple Jump
3:45 PM	Women's Triple Jump

Running Events

1:27 PM	<i>National Anthem</i>
1:30 PM	Women's 4 x 100 Meter Relay
1:35 PM	Men's 4 x 100 Meter Relay
1:40 PM	Women's 1500 Meters
1:55 PM	Men's 1500 Meters
2:10 PM	Women's 100 Hurdles
2:20 PM	Men's 110 Hurdles
2:30 PM	Women's 400 Meters
2:40 PM	Men's 400 Meters
2:50 PM	Women's 100 Meters
3:00 PM	Men's 100 Meters
3:10 PM	Women's 800 Meters
3:20 PM	Men's 800 Meters
3:30 PM	Women's 400 Hurdles
3:40 PM	Men's 400 Hurdles
3:50 PM	Women's 200 Meters
4:05 PM	Men's 200 Meters
4:20 PM	Women's 3000 Meter
4:35 PM	Men's 3000 Meters
4:50 PM	Women's 4 x 400 Relay
5:00 PM	Men's 4 x 400 Relay



LSU Alumni Gold
Bernie Moore Stadium

UNATTACHED ATHLETES

Only two types of unattached athletes will be considered for this meet: college students and post-collegiate athletes. Unattached athletes must request permission from meet management to enter the meet by **APRIL 18**. Entry standards are listed below and must have been achieved in the window of March 2021 to present.

TO BE CONSIDERED FOR ENTRY:

1. Email toddlane@lsu.edu
2. Include:
 - a. Event(s) desired to enter
 - b. Event performance, with verification of entry performance (link to results).

ENTRY PROCESS:

3. If accepted, a password for entry in www.DirectAthletics.com will be emailed to you to register and pay for entry. This requires an individual account with directathletics.com. LSU cannot help you with setting up your account, this is the athlete responsibility.
4. The entry fee is \$50 and is non-refundable and is paid on directathletics.com. College students entry fee is \$5.

FINAL SCHEDULE & WRIST BAND PICK UP

5. A final schedule will be posted on lsusports.net/meetinfo by April 21.
6. Wristband pick up for entry into the facility will be from 8-10:30am on Saturday at Carl Maddox Fieldhouse Ticket Office.

Event	Women's Standard	Men's Standard
100 m	11.25	10.15
200 m	23.00	20.35
400 m	52.00	45.60
800 m	2:05	1:48
1500 m	4:15	3:42
5000 m	15:45	13:25
100/110h	13.00	13.60
400 h	57.50	50.50
3000 Sc	10:10	8:45
HJ	1.83m	2.20m
PV	4.45m	5.60m
LJ	6.55m	7.85m
TJ	13.30m	16.45m
SP	17.20m	20.35m
DT	56.00m	60.00m
HT	65.00m	67.00m
JT	50.00m	70.00m