



LHSAA Indoor Championship

Carl Maddox Fieldhouse

Important Dates & Deadlines

All times listed are Central Time (CST)

Monday, February 13th	6:00pm	Final descending order list available on rankings page at www.DirectAthletics.com
Tuesday, February 14th	6:00am	Declaration period begins on www.DirectAthletics.com
Tuesday, February 14th	11:30pm	Deadline for declaring athletes for the LHSAA Indoor Championship
Wednesday, February 15th	9:00pm	Accepted athletes & relay teams in heat sheet form will be posted at www.LSUsports.net/meetinfo
Saturday, February 18th	8am-2pm	Packet pickup available at the Bernie Moore Stadium Ticket Office

Qualifying & Entry Information

Eligibility	This meet is open to LHSAA member schools who are eligible for post season in the sport of indoor track & field. Competing athletes must be eligible to compete under LHSAA rules, have attained the qualifying standard in that event, and must compete with an LHSAA school affiliation.								
Descending	<p><u>It is the school's responsibility to examine the LHSAA performance list after each eligible competition during the indoor season to make sure their athlete's marks have been posted.</u> The list can be found at www.DirectAthletics.com, Rankings, High School, LHSAA Division 1 or 2 (2023).</p> <p>The descending order list shows all athletes and relay teams eligible for the championship. There will be more athletes/relay teams on the list than will be accepted. This is so spots can be filled if athletes scratch. The athletes/relay teams with the best marks in each event <u>who declare</u> will be accepted into the meet.</p>								
Legal Qualifying Meets	<p>Entry marks must be achieved at the 2023 High School Classic (January 7), 2023 LSU High School Qualifier (January 21), 2023 LSU High School Last Chance Qualifier (February 4), and McNeese State Meets. Marks from any other meets will not be accepted.</p> <p>All entry times must be fully automatic. The only converted marks that will be accepted are 55m Dash and 55m Hurdle times from McNeese State. These marks will automatically be converted to 60m and 60m Hurdle times on the descending order list using the standard track conversions used by the NCAA.</p>								
Entry Limitations	<p>Individual Events: 2 athletes per school. An athlete may not be entered in more than 4 events.</p> <p>Relay Events: Each school may only enter one relay team in each relay event.</p> <p>1600 & 3200: The rule that an athlete may not compete in both of these races is no longer in place. Athletes declared to compete in both the 1600 and 3200 can be accepted in both events.</p>								
Field Size	<p>Field sizes will be as follows, for each gender and division:</p> <table> <tr> <td>60 Meters - 16</td><td>3200 Meters - 12</td></tr> <tr> <td>400 Meters - 12</td><td>60 Hurdles - 16</td></tr> <tr> <td>800 Meters - 12</td><td>All Relays - 12</td></tr> <tr> <td>1600 Meters - 12</td><td>All Field Events - 16</td></tr> </table>	60 Meters - 16	3200 Meters - 12	400 Meters - 12	60 Hurdles - 16	800 Meters - 12	All Relays - 12	1600 Meters - 12	All Field Events - 16
60 Meters - 16	3200 Meters - 12								
400 Meters - 12	60 Hurdles - 16								
800 Meters - 12	All Relays - 12								
1600 Meters - 12	All Field Events - 16								

Meet management will determine participants and may change the above numbers slightly in case of ties or any other extenuating circumstances.

Declaration Procedure

All declarations will be done through www.DirectAthletics.com. Using the normal Direct Athletics entry procedure, enter any athlete/relay who desires to compete at the meet, regardless of their position on the descending order list. You will not be able to enter athletes/relays who are not on the performance list and are not eligible to be entered. Athletes or relays that have no intent to compete in an event can be scratched simply by failing to declare.

An athlete/relay who is ranked at a position below the cutoff for designated field sizes but who wishes to compete should be entered. The athlete/relay may be able to compete if other, higher ranking athletes/relays scratch or fail to declare.

Athletes/relays who are not entered during this time will be considered scratched and will be replaced immediately.

If you plan to bring alternates for a relay, you must list their names as one of the possibilities on the relay when you declare.

The declaration period is mandatory and your athletes will be scratched and replaced immediately if not declared. We will not have your contact information so we will have no way to remind you.

Accepted Entries & Heat Sheets

The heat sheets posted on www.LSUsports.net/meetinfo serve as the accepted entry list. Double check to see which of your athletes were accepted into the meet. Names or relay teams that fail to appear on the list were rejected. **We will not provide free entrance to any athlete who is not qualified to run or has not been properly declared.**

Entry Fees

Entry fees are calculated by the number of athletes **accepted** into the meet, including those on relay teams. **Entered** athletes may be a different number than **accepted** for each team. Example 10 entered on Direct Athletics but only 8 accepted into the meet. **Entry fees will NOT be adjusted if you do not bring accepted athletes to the meet for whatever reason.** Relay team members and alternates must be included on your entry list.

The entry fee is \$150 per school (boys and girls count separately) or \$15 per athlete for schools with less than ten athletes entered.

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 **LSU Track & Field Officials Association**. Do not mail payment.

Late Declarations

A school may submit late declarations on Wednesday, February 15th between 8:00am and 12:00pm to Andy Ponce de Leon at andypdl@lsu.edu. Declarations during this late period shall incur a \$30 fine per entry, including alternates, in addition to the standard entry fee. The late declaration should include the school, gender, athlete's name and event. Relays should include the names of all athletes AND any alternates who may run. The \$30 fine will apply to **EACH** athlete and alternate entered on the relay. Late declarations should be made in the following format:

School	Gender	Athlete	Event
Louisiana High School	Male	Tommy Jumpfar	Long Jump

Meet Information

Awards	<p>Awards will be given as follows:</p> <ul style="list-style-type: none"> • Team Championship and Team Runner-Up trophies will be presented for boys and girls in Division I and Division II • Individual awards will be presented to the top 3 places in each event and members of the top 3 relays for both boys and girls divisions <p>Individual awards 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. Team awards will be presented at the end of the meet.</p>
Bags	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.
Teams/Athletes	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.
Spectators	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.
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></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 Wristbands	Coaches and support staff must present the LHSAA card at the Bernie Moore Ticket Office to receive a wristband.
Electronic Devices	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.
Facility	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.
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 posted at www.LSUports.net/meetinfo and will serve as the accepted entry list. A copy will also 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	Athletes: Enter at Northwest portal by presenting your wristband. Coaches: Enter at Northwest portal by presenting your wristband. PV Coaches: Only coaches with the Pole Vault wristband may enter the Southwest portals. 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, \$5 for children aged 12 and under.												
Packets	Team packets will include heat sheets, time schedule, wristbands for athletes, a Pole Vault Coach wristband. <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 after 12:15pm . 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. Lot 105 is strictly for officials and meet workers. Any illegally parked vehicles may be subject to ticketing and towing.												
Pole Vault Certification	Pole vault athletes will need to bring the LHSA approved Pole Vaulters Weight Verification Form signed by the coach, athletic director, and the principal and turn it into one of the officials at the Pole Vault event area. <u>Use separate forms for separate genders.</u> The form is located on the last page of this meet information. Coaches are not allowed on the infield at any time. Poles may be stored in the Northwest Portal on the pole vault rack.												
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	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. Field Events: In the Long Jump, Triple Jump, and Shot Put, each athlete will be given 3 attempts in the trials. The top 7 from the trials will be taken to a final immediately following for 3 additional attempts.												
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 pole vault coaches wristband can access the permanent restrooms in the Southeast corner of the facility.												
Running Events	In all races 800 Meters and further, an athlete will be removed from the track if they are lapped. A minimum of 10 runners will remain in the race at all times. No runners will be removed from the track during the last two laps.												
Scoring	Two divisions: Division I (classes 4A and 5A) and Division II (classes 3A, 2A, A, B, and C). Each division will have scored boys and girls sections. For individual and relay events, 6 places will score points as follows: 10-8-6-4-2-1.												
Shot Put Weigh-In	Shot Put inspections will be held in the Implement Weigh In Room inside the Northwest Portal of Carl Maddox Fieldhouse on Saturday during the following times: <table><tr><td colspan="2">Girls (4 kilograms)</td><td colspan="2">Boys (12 pounds)</td></tr><tr><td>Division I</td><td>9:30am-10:30am</td><td>Division I</td><td>10:45am-11:45am</td></tr><tr><td>Division II</td><td>12:15pm-1:15pm</td><td>Division II</td><td>1:30pm-2:30pm</td></tr></table> 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.	Girls (4 kilograms)		Boys (12 pounds)		Division I	9:30am-10:30am	Division I	10:45am-11:45am	Division II	12:15pm-1:15pm	Division II	1:30pm-2:30pm
Girls (4 kilograms)		Boys (12 pounds)											
Division I	9:30am-10:30am	Division I	10:45am-11:45am										
Division II	12:15pm-1:15pm	Division II	1:30pm-2:30pm										

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.
Starting Heights	Starting heights and vertical jump progressions will be determined by meet management after examining 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 without tents may be set up in the bleachers at the Bernie Moore Stadium (outdoor track). Access to Bernie Moore Stadium will be available through Gate 2 near packet pickup. Teams may set up team tents in the open grass field between the Carl Maddox Fieldhouse and E Hwy 30. Team camps will not be permitted along the west walkway or near any exits surrounding the Carl Maddox Fieldhouse. DO NOT LEAVE VALUABLE ITEMS UNATTENDED AT ANY TIME.
Team Seating	All coach and athlete seating will be located in the silver 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>The Bernie Moore (outdoor) Track Stadium will be used as the main warm up area for all athletes. Limited space will be available for runouts indoors, so athletes should be completely prepared before entering the clerking area.</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 (5 minutes prior for Pole Vault).</p>
Further Information	For further information, contact the LSU Track & Field Office at (225) 578-8627. For quicker responses email trackandfield@lsu.edu .

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



LHSA Indoor Championship

Carl Maddox Fieldhouse

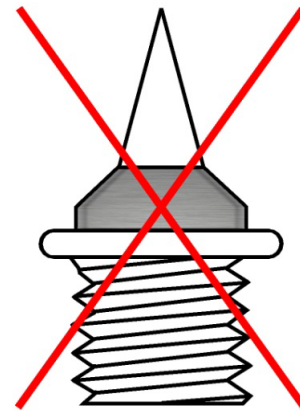
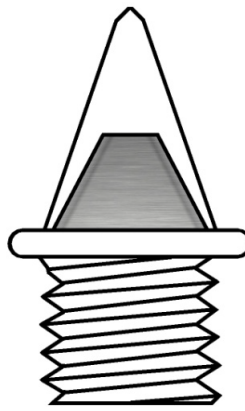
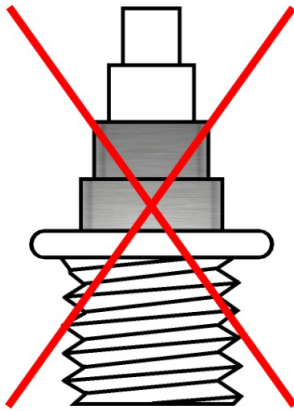
TENTATIVE Time Schedule

Time	Event	Division	Round	Advance
Field Events *****				
10:00 AM	Pole Vault	Girls Division I	Final	
11:00 AM	High Jump	Girls Division II	Final	
11:00 AM	Shot Put	Girls Division I	Trials & Final	7
12:00 PM	Long Jump	Boys Division II	Trials & Final	7
12:00 PM	Long Jump	Girls Division II	Trials & Final	7
12:15 PM	Shot Put	Boys Division I	Trials & Final	7
12:30 PM	Pole Vault	Girls Division II	Final	
1:00 PM	High Jump	Boys Division II	Final	
1:15 PM	Long Jump	Boys Division I	Trials & Final	7
1:15 PM	Long Jump	Girls Division I	Trials & Final	7
1:45 PM	Shot Put	Girls Division II	Trials & Final	7
2:45 PM	Triple Jump	Boys Division II	Trials & Final	7
2:45 PM	Triple Jump	Girls Division II	Trials & Final	7
3:00 PM	Shot Put	Boys Division II	Trials & Final	7
3:00 PM	High Jump	Girls Division I	Final	
3:00 PM	Pole Vault	Boys Division I	Final	
4:00 PM	Triple Jump	Boys Division I	Trials & Final	7
4:00 PM	Triple Jump	Girls Division I	Trials & Final	7
5:00 PM	High Jump	Boys Division I	Final	
5:30 PM	Pole Vault	Boys Division II	Final	
Track Events *****				
2:00 PM	4x200 Meter Relay	Girls Division II	Final	(Sections Against Time)
2:09 PM	4x200 Meter Relay	Girls Division I	Final	(Sections Against Time)
2:18 PM	4x200 Meter Relay	Boys Division II	Final	(Sections Against Time)
2:27 PM	4x200 Meter Relay	Boys Division I	Final	(Sections Against Time)
2:35 PM	1600 Meters	Girls Division II	Final	
2:43 PM	1600 Meters	Girls Division I	Final	
2:50 PM	1600 Meters	Boys Division II	Final	
2:57 PM	1600 Meters	Boys Division I	Final	
3:05 PM	60 Meter Hurdles (33")	Girls Division II	Semifinals	8
3:11 PM	60 Meter Hurdles (33")	Girls Division I	Semifinals	8
3:19 PM	60 Meter Hurdles (39")	Boys Division II	Semifinals	8
3:25 PM	60 Meter Hurdles (39")	Boys Division I	Semifinals	8
3:32 PM	60 Meter Dash	Girls Division II	Semifinals	8
3:38 PM	60 Meter Dash	Girls Division I	Semifinals	8
3:44 PM	60 Meter Dash	Boys Division II	Semifinals	8
3:50 PM	60 Meter Dash	Boys Division I	Semifinals	8
3:56 PM	800 Meters	Girls Division II	Final	
4:00 PM	800 Meters	Girls Division I	Final	
4:05 PM	800 Meters	Boys Division II	Final	
4:09 PM	800 Meters	Boys Division I	Final	
4:14 PM	400 Meters	Girls Division II	Final	(Sections Against Time)
4:19 PM	400 Meters	Girls Division I	Final	(Sections Against Time)
4:24 PM	400 Meters	Boys Division II	Final	(Sections Against Time)
4:29 PM	400 Meters	Boys Division I	Final	(Sections Against Time)
4:34 PM	4 x 800 Meter Relay	Girls Division II	Final	
4:49 PM	4 x 800 Meter Relay	Girls Division I	Final	
5:04 PM	4 x 800 Meter Relay	Boys Division II	Final	
5:16 PM	4 x 800 Meter Relay	Boys Division I	Final	
5:28 PM	60 Meter Hurdles (33")	Girls Division II	Final	
5:31 PM	60 Meter Hurdles (33")	Girls Division I	Final	
5:35 PM	60 Meter Hurdles (39")	Boys Division II	Final	
5:38 PM	60 Meter Hurdles (39")	Boys Division I	Final	
5:42 PM	60 Meter Dash	Girls Division II	Final	
5:45 PM	60 Meter Dash	Girls Division I	Final	
5:48 PM	60 Meter Dash	Boys Division II	Final	
5:51 PM	60 Meter Dash	Boys Division I	Final	
5:54 PM	3200 Meters	Girls Division II	Final	
6:09 PM	3200 Meters	Girls Division I	Final	
6:24 PM	3200 Meters	Boys Division II	Final	
6:36 PM	3200 Meters	Boys Division I	Final	
6:48 PM	4 x 400 Meter Relay	Girls Division II	Final	(Sections Against Time)
6:59 PM	4 x 400 Meter Relay	Girls Division I	Final	(Sections Against Time)
7:10 PM	4 x 400 Meter Relay	Boys Division II	Final	(Sections Against Time)

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:
 - 1/4" 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

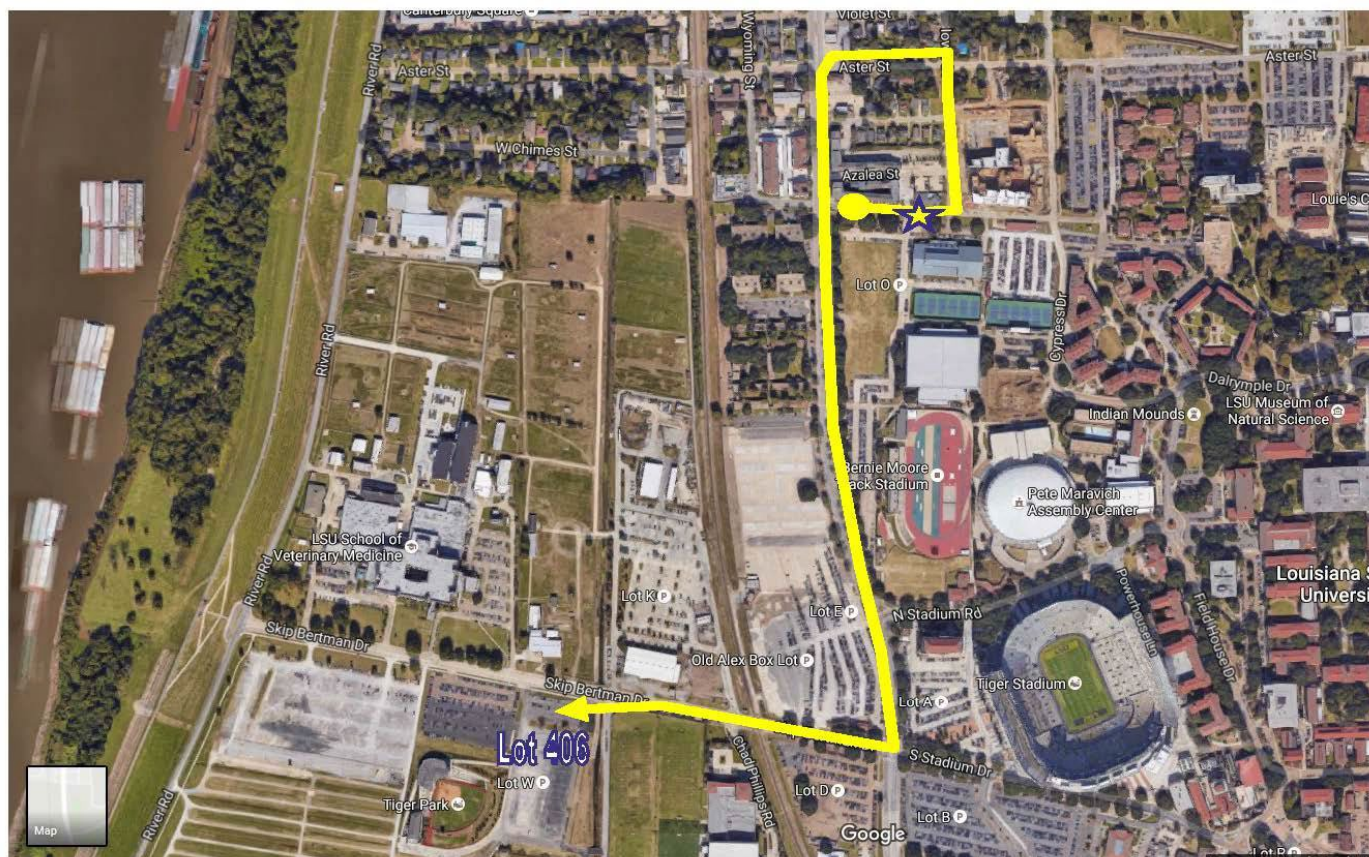
- Only shoe bags & drawstring bags are permitted inside Carl Maddox Fieldhouse. No bags of excessive size (backpacks, duffel bags, suitcases, coolers) are permitted inside the Fieldhouse.



LHSA Indoor Championship

Carl Maddox Fieldhouse

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 Vaulters Weight Verification Form

TO ALL MEMBER SCHOOLS - Member schools will be required to process the **Pole Vaulters 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. Use separate forms for boys and girls.

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 6-8-22: 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 6-8-15: 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 6-8-16: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below the competitors weight or any other equipment that is not legal during warm-up or competition. NOTE: Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**
- Rule 6-8-17: 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 3-10-1. 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 6-8-27h: It is a foul if the competitor grips the pole above the top hand-hold band.

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