

UPDATES HIGHLIGHT BELOW

Participating Teams

Nichols State, Southeastern Louisiana, South Alabama, Southern University, Louisiana-Lafayette, Louisiana- Monroe, New Orleans

Important Dates & Deadlines

All times listed are Central Time (CST)

- Wednesday, March 22nd** 3:00pm Deadline to enter
- Thursday, March 23rd** 3:00pm Performance list and final time schedule posted at www.LSUsports.net/meetinfo
- Saturday, March 25th** 8am-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 enter 2 relay teams in each relay event. Please respect the minimum field event entry standards so we can run a quality meet for the athletes.

MEN		WOMEN	
Long Jump	7.00m	Long Jump	5.50m
Triple Jump	14.30m	Triple Jump	11.20m
High Jump	1.90m	High Jump	1.63m
Pole Vault	4.45m	Pole Vault	3.80m
Shot Put	16.00m	Shot Put	14.00m
Javelin	50.00m	Javelin	36.00m
Hammer	50.00m	Hammer	42.00m
Discus	49.00 meters	Discus	40.00m

Entry Procedure *All entries will be done through www.DirectAthletics.com. Only 2022&2023 TFRRS verified marks will be able to be entered. Athletes/relays that do not have a 2022 or 2023 mark must be entered as “No Mark.” No faxed, emailed or phoned entries will be accepted. Please 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. **Cash is also accepted.**

Meet Information

Athlete Check-In	<p>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.</p> <p>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.</p>
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 Braydin Sik, bsik@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
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** Approximate starting heights and increments will be determined upon conclusion of entries.
Women's High Jump- 1.63 Men's High Jump- 1.90
Women's Pole Vault- 3.75 Men's Pole Vault- 4.60
- 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).
- 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. All implements need to be inspected no later than 1 hour prior to the scheduled start of competition. Implements will be transported to the event site 45 minutes prior to the scheduled start of competition.

WORLD ATHLETICS / USATF CHAMPIONSHIP QUALIFYING

- New World Athletics and USA Track & Field policies require that marks to be considered for qualification to their championships (2023 outdoor championships) may only come from competitions that are sanctioned through World Athletics / USATF and abide by their rulebook. While this meet will be conducted under NCAA rules, it is also sanctioned by World Athletics and USATF. Results will be reported both to TFRRS (the NCAA results reporting system) and to World Athletics / USATF, with notations of any rule violations from the World Athletics rulebook.

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.

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 **MARCH 17**. Entry standards are listed below and must have been achieved in the window of March 2022 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. Entry in some events, is strongly dictated by event field size. 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 \$75 and is non-refundable and is paid on directathletics.com. College students entry fee is \$5.

FINAL SCHEDULE & WRIST BAND PICK UP

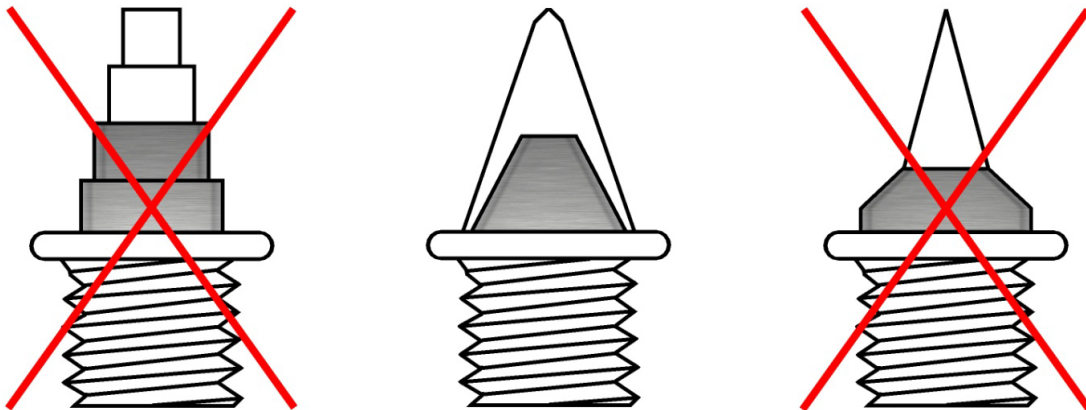
5. A final schedule will be posted on lsusports.net/meetinfo by MARCH 23.
6. Wristband pick up for entry into the facility will be from 8:00am to 10:30 on Saturday at Carl Maddox Fieldhouse Ticket Office. A wristband will only be provided to the athlete. No coach's wristbands will be made available.

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

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

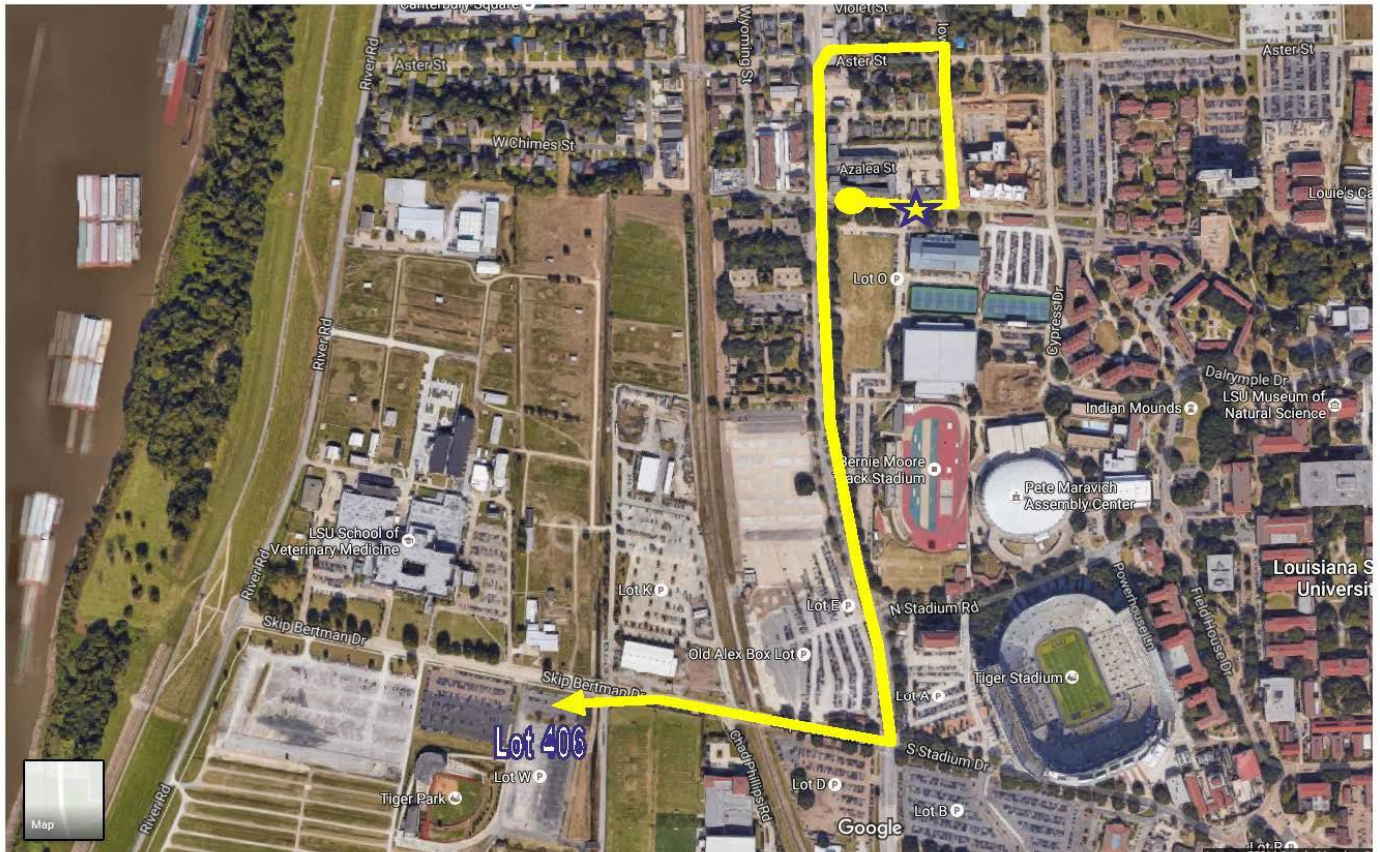
FOOD & DRINK

- 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.

PARKING MAP & BUS FLOW TRAFFIC



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.