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OUTDOOR TRACK & FIELD CHAMPIONSHIP

Team Manual



IT JUST MEANS MORE.™

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Dear SEC Track & Field Coaches & Staff,

Welcome to Baton Rouge! I am thrilled that LSU has the opportunity to host the 2023 SEC Outdoor Track & Field Championships at Bernie Moore Stadium.

Our LSU community is excited to have the best track & field athletes in the world in town to compete on our campus. We hope your experience at the SEC Outdoor Track & Field Championship will be a memorable one!

Please take the time to review this manual of information put together to guide you during your time in Baton Rouge. Please let our LSU staff know if there is anything we can do to assist you during your stay.

Sincerely,

A handwritten signature in black ink, appearing to read "Scott Woodward".

Scott Woodward
Director of Athletics



CHAMPIONSHIP CONTACT LIST

LOUISIANA STATE UNIVERSITY PERSONNEL

POSITION	NAME	EMAIL	PHONE #
CHAMPIONSHIP DIRECTOR	DREW ALTAVILLA	daltav1@lsu.edu	225-317-5363
COMMUNICATIONS	BRAYDEN SIK	bsik@lsu.edu	605-690-6559
ATHLETIC TRAINING	DEREK CALVERT	dcalve2@lsu.edu	225-400-7926
TICKETING	DERON IRONS	dirons@lsu.edu	225-578-2184

SOUTHEASTERN CONFERENCE OFFICE & MEET OFFICIALS

POSITION	NAME	EMAIL	PHONE #
ASSISTANT COMMISIONER	DAVID BATSON	dbatson@sec.org	205-458-3000x3007
SEC MEET MANAGEMENT	BLAKE BOLDON	Blake.boldon@drake.edu	205-821-5460
SEC ASST. DIR. COMMUNICATIONS	BEN BEATY	bbeaty@sec.org	205-458-3031

CHAMPIONSHIP COMMITTEE

Dennis Shaver– LSU
 Duane Ross– Tennessee
 Pat Henry– Texas A&M

MEET REFEREES

Mike Armstrong
 Kim Dismuke
 George Young
 Bill Walton

HEAD OFFICIALS

Corey Mistretta– Multis
 Jake Ford– Horizontal Jumps
 Jeff Hoffman– Pole Vault
 Lisa Colvin– High Jump
 John Hayes– Clerks
 John Deselles– Implements
 Pete Boudreaux– Protest



PRE-CHAMPIONSHIP TIMELINE & CHECK-LIST

WEDNESDAY, APRIL 19 5PM CT

Possible Entries Due

Excel Spreadsheet with possible entries for competitor bibs to Andy Ponce De Leon
andypdl@lsu.edu

MONDAY, APRIL 24 12PM CT

Entries open on Direct Athletics at directathletics.com

THURSDAY, MAY 4 5PM CT

Travel Party Rosters Due

Team Travel Information Due

Please email the completed forms to Drew Altavilla, daltav1@lsu.edu

Media Credentials Requests Due

Please send requests to Brayden Sik, bsik@lsu.edu

MONDAY, MAY 8 10AM CT

Pre Championship Call at 10AM CT

<https://us02web.zoom.us/j/88425023393?pwd=U21PVk8yYjRxQy84WGtaN0VZc1QwZz09>

MONDAY, MAY 8 5PM CT

Entries close on Direct Athletics at directathletics.com

Weight Room Requests Due to Earl Chevalier, echeva1@lsu.edu

WEDNESDAY, MAY 10 10AM-7PM CT

Team Practices

WEDNESDAY, MAY 10 1PM CT

Technical Meeting

Tiger Stadium South Stadium Club (Enter at Gate 20, Take Elevator to CL)

1 North Stadium Drive

Baton Rouge, LA 70803

WEDNESDAY, MAY 10 5PM CT

Team Pass List Due

Please send to Deron Irons, dironson@lsu.edu



CHAMPIONSHIP PRACTICE SCHEDULE

Tuesday May 9, 2023

Weight Room 2:00pm-5:00pm

10:00-12:30pm	Session 1	Track, Shot Put, All Jumps
12:30- 3:00pm	Session 2	Track, Shot Put, All Jumps
3:00- 5:30pm	Session 3	Track, Shot Put, All Jumps
11:00-1:30pm	Hammer	
1:30- 3:30pm	Discus	
3:30-5:30pm	Javelin	

Wednesday May 10, 2023

Weight Room 2:00pm-5:00pm

10:00-12:30pm	Session 1	Track, Shot Put, All Jumps
2:30- 4:30pm	Session 2	Track, Shot Put, All Jumps
4:30- 7:00pm	Session 3	Track, Shot Put, All Jumps
11:00-1:00pm	Hammer	
2:30- 4:30pm	Discus	
4:30-6:30pm	Javelin	

Thursday May 11, 2023

8:30-9:30am Track

Friday May 12, 2023

8:30-9:30am Track

Saturday May 12, 2023

8:30-9:30am Track



SEC OUTDOOR CHAMPIONSHIPS

MAY 11-13, 2023 (Thursday-Saturday)

THURSDAY	FRIDAY	SATURDAY
FIELD EVENTS	FIELD EVENTS	FIELD EVENTS
12:00 PM Men's Hammer Throw Final	4:00 PM Women's Pole Vault Final	2:00 PM Men's Discus Throw Final
2:15 PM Women's Hammer Throw Final	4:15 PM Men's Shot Put Final	3:00 PM Men's Pole Vault Final
4:45 PM Men's Javelin Final	4:30 PM Men's High Jump Final	3:15 PM Women's High Jump Final
6:45 PM Women's Javelin Final	6:30 PM Women's Long Jump Final	4:30 PM Women's Discus Throw Final
	6:45 PM Women's Shot Put Final	5:15 PM Women's Triple Jump Final
	7:00 PM Men's Long Jump Final	5:45 PM Men's Triple Jump Final
RUNNING EVENTS	RUNNING EVENTS	RUNNING EVENTS
5:30 PM Men's 800 Meters Prelim		
5:50 PM Women's 800 Meters Prelim	5:00 PM Men's 110 Meter Hurdles Prelim	5:05 PM Men's 4x100 Meter Relay Final
6:10 PM Men's 200 Meters Prelim	5:15 PM Women's 100 Meter Hurdles Prelim	5:15 PM Women's 4x100 Meter Relay Final
6:35 PM Women's 200 Meters Prelim	5:40 PM Men's 1500 Meters Prelim	5:25 PM Men's 1500 Meters Final
7:00 PM Men's 400 Meter Hurdles Prelim	6:00 PM Women's 1500 Meters Prelim	5:35 PM Women's 1500 Meters Final
7:20 PM Women's 400 Meter Hurdles Prelim	6:20 PM Men's 400 Meters Prelim	5:45 PM Men's 110 Meter Hurdles Final
7:40 PM Men's 10,000 Meters Final	6:45 PM Women's 400 Meters Prelim	5:55 PM Women's 100 Meter Hurdles Final
8:15 PM Women's 10,000 Meters Final	7:10 PM Men's 100 Meters Prelim	6:05 PM Men's 400 Meters Final
	7:35 PM Women's 100 Meters Prelim	6:15 PM Women's 400 Meters Final
DECATHLON- DAY 1		
11:30 AM 100 Meters	8:00 PM Men's 3000 Meter Steeplechase Final	6:25 PM Men's 100 Meters Final
12:10 PM Long Jump	8:20 PM Women's 3000 Meter Steeplechase Final	6:35 PM Women's 100 Meters Final
1:10 PM Shot Put		6:45 PM Men's 800 Meters Final
2:10 PM High Jump		6:55 PM Women's 800 Meters Final
4:15 PM 400 Meters		7:05 PM Men's 400 Meter Hurdles Final
	DECATHLON- DAY 2	7:15 PM Women's 400 Meter Hurdles Final
	11:00 AM 110 Meter Hurdles	7:25 PM Men's 200 Meters Final
	11:45 AM Discus Throw	7:35 PM Women's 200 Meters Final
	12:55 PM Pole Vault	7:45 PM Men's 5000 Meters Final
	2:30 PM Javelin Throw	8:05 PM Women's 5000 Meters Final
	4:00 PM 1500 Meters	8:30 PM Men's 4x400 Meter Relay Final
		8:40 PM Women's 4x400 Meter Relay Final
HEPTATHLON- DAY 1	HEPTATHLON- DAY 2	
12:00 PM 100 Meter Hurdles	11:45 AM Long Jump	
12:45 PM High Jump	1:00 PM Javelin	
2:45 PM Shot Put		
4:00 PM 200 Meters		



CHAMPIONSHIP MEET INFORMATION

AWARDS

Championship team trophies, scholar-athlete trophies and the Commissioner's trophy, presented to the athlete scoring the most points at the championship, will be presented as soon as possible following the conclusion of the competition on Saturday.

Individual and relay medals will be awarded to the top three (3) finishers in each event. The award presentation will take place at the South End of Bernie Moore Track Stadium.

BUS DROP OFF/PARKING

Buses will drop off at Lot 105 on Chimes Street and proceed to park in Lot 406. See map on Page 16.

CLEAR BAGS

CLEAR BAGS ONLY

LSU ATHLETICS SUPPORTS A SAFE AND FAN FRIENDLY ENVIRONMENT

ALLOWED



CLEAR TOTE
Plastic, Vinyl, or PVC
and no larger than
12" x 6" x 12"



PLASTIC ZIP TOP BAG
No larger than
1 Gallon • Re-Sealable • Clear



SMALL CLUTCH PURSE
No larger than 4½ x 6½"



SEAT CUSHION
No pockets and
no larger than 16"



MEDICAL ITEMS
Items Related to
a Medical Condition



WATER BOTTLE
1L/32oz Factory
Sealed Water Bottle

COACHING BOXES

Field event coaches will have access to designated coaching boxes on the infield during the competition. (See Map)

COMPETITION BIBS

Competition bibs must be worn on the front and back of the jersey. Pole vault athletes may wear one bib on the back of their jersey. High jump athletes may wear one bib on the front of their jersey. All athlete competition bibs, along with 8 pins per athlete, will be included in the packets picked up at the technical meeting.

CREDENTIALS

Athlete wristbands will be issued to each declared student-athlete. Wristbands must be visible at all times to gain admittance into the track facilities. Bib numbers are not acceptable for admission into either venue.

Coaches Credentials will be distributed in accordance with NCAA limitations on size of coaching staffs. Two team managers per gender and two administrators may also receive a credential. Two medical credentials per gender will be available for trainers and/or team physicians.



CHAMPIONSHIP MEET INFORMATION CONTINUED

ELECTRONIC DEVICES

Per NCAA rules, the use of electronic devices will not be allowed in warm up and/or competition venues.

ELIGIBILITY

All student-athletes must be certified as eligible by the institution as required by the SEC and NCAA prior to participating in the SEC Championships

EVENT CHECK-IN

Running Events: Athletes must check in before the start of the preceding event at Clerk of Course in the Southwest Corner of Carl Maddox Fieldhouse. The first running event of each day and the Men's and Women's 4x400 Meter Relay teams must check in no less than 20 minutes prior to the scheduled start time of the respective event. 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. See Map for Spike Check at gate 13.

High Jump: Athletes will be allowed to begin specific warm ups at the site 60 minutes prior to the start of competition. Athletes must be checked in 20 minutes prior to the start of the event. Check-in is located at the event. Officials will not escort athletes. Athletes will report directly to the event through gate 11.

Pole Vault: Athletes will be allowed to begin specific warm ups at the site 75 minutes prior to the start of competition. Athletes must be checked in 20 minutes prior to the start of the event. Check-in is located at the event. Officials will not escort athletes. Athletes will report directly to the event through gate 11.

Throws and Horizontal Jumps: Athletes will be allowed to begin specific warm ups at the site 30 minutes prior to the start of competition. 20 minutes prior to the start of competition will be allotted for flight specific warm ups. All student-athletes must have checked-in with the event official at least 20 minutes before the scheduled start of the first flight of the competition. Check-in is located at the event. Officials will not escort athletes. Athletes will report directly to the event through gate 11.

GIFT SUITE

Each student-athlete eligible to participate in and travel to an SEC Championship Event and who has not previously received a participation gift at the 2022 Cross Country or 2023 Indoor Track and Field Championship will receive a championship participation gift from the Southeastern Conference. The gift suite will be located in the Southwest Corner of Carl Maddox Fieldhouse. The gift suite will be open from 10AM – 5:30PM on Wednesday, May 10th. Teams are encouraged to visit the gift suite as a group.

HEAT SHEETS

Heat sheets and live results will be available online (<http://www.deltatiming.com>). At the end of each day of competition, heat sheets for the next day and results from that day will be available to coaches on <http://www.deltatiming.com>.



CHAMPIONSHIP MEET INFORMATION CONTINUED

HOSPITALITY

The hospitality area will be provided for all coaches, media, team medical staff, officials, and administrators with a valid championship credential. Student-athletes will not be allowed in this area. The hospitality area will be located on the Main Floor of the PMAC entering through the NorthWest Portal of the PMAC across from GATE 8 of Bernie Moore Track Stadium.

INCLEMENT WEATHER PROCEDURES

LSU will follow the SEC protocol for severe weather. Preparations to protect teams, officials, staff and spectators will begin when lightning is detected within a 20 mile radius. If lightning is detected within 8 miles of the venue competition will be halted and teams will go to Carl Maddox Fieldhouse. Communication of these procedures will come directly through the Championship Committee, Conference Office and LSU Athletic Operations.

IMPLEMENT WEIGH-INS

Implement inspections will be held Outside of Gate 4 of Bernie Moore Track Stadium. 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.

INTERVIEW AREA

Interview Area will be located on the South Bleachers of the Carl Maddox Fieldhouse, next to the Warmup Area.

PARKING

Buses will Park in Lot 406. Those with parking passes will be able to park in Lot 105, including Media. Spectators will be able to park in any other open lots on campus.

POLE SHIPPING

LSU will NOT accept delivery of pole vault poles. Poles must be shipped to your hotel.

PRACTICE TIMES

Please email Andy Ponce De Leon, andypdl@lsu.edu for desired practice time session on Tuesday and/or Wednesday.



CHAMPIONSHIP MEET INFORMATION CONTINUED

PROTEST TABLE – \$100

The protest table will be located in the Bernie Moore Track Stadium Weight Room. All protests relating to matters which develop during the meet should be made as quickly as possible, and no later than 15 minutes after the conclusion of the event in question. Protests must be made by a coach and submitted to the officials at the protest table. A \$100 fee must accompany each filed protest. The fee is only refundable if the result is overturned. Meet officials will deliver the protests to the referees. The referees' written decision will be returned to the protest table.

If an athlete is disqualified, the head coach or his/her representative must be notified immediately by the meet referee. Any resultant protest must be filed as soon as possible, but no later than 15 minutes after disqualification.

RELAY CARDS

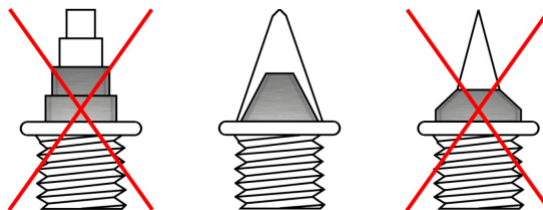
Relay cards should be submitted to officials at the clerk's table during athlete's check-in 30 minutes prior to the start of the relay. **NOTE:** only one member of the relay team is required to check in for relays. Relay cards will be available in your packet and extras will be provided at the clerk of course.

RESULTS/TIMING

Delta Timing Group will handle all the entries, timing and results for the championships. Results can also be viewed on the 2023 SEC Championships Official website at www.secsports.com, <http://www.deltatiming.com> and <https://lsusports.net/2023-sec-outdoor-track-field-championships>

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 nontagged spikes will be disqualified.



STARTING HEIGHTS

In the men's and women's high jump, the opening height will be 10 centimeters lower than the 8th best declared mark. In the men's and women's pole vault, the opening height will be 30 centimeters lower than the 8th best declared mark.

Starting heights and progressions will be determined by the championship committee. The committee may set progressions following traditional high jump and pole vault protocols keeping in mind regionally qualifying marks and SEC records.



CHAMPIONSHIP MEET INFORMATION CONTINUED

TEAM PACKETS

Team packets will be delivered at the technical meeting. Coaches should expect to find the following in each packet: athlete wristbands, coach and staff credentials, final instructions, relay cards, competitor bibs and pins, protest forms, parking passes, etc.

TEAM CAMPS

Teams will receive a Reserved Tent on the Tennis Court next to Carl Maddox Fieldhouse.

Spaces will include:

- 1 - TV (this will broadcast in-house event and/or results feeds or cable TV)
- 2 – 8ft tables
- 10- Chairs
- 1 - 20-amp quad electrical box (2 of the 4 outlets will be occupied)
- 1– Fan

Team Camps will NOT be permitted inside Carl Maddox Fieldhouse

TELEVISION SCHEDULE

TBA

TICKET INFORMATION

Tickets can be purchased through the LSU Athletics Ticket Office and online at www.lsutix.net

Tickets will be available for purchase at the Bernie Moore Ticket Office 1 hour prior to the first scheduled event each day of the championship.

General Admission Seating

Adult All-Session Passes (3-days): \$40

Youth (3-12) and LSU Student All-Session Passes (3-days): \$25

Adult Single-Day Passes: \$15

Youth (3-12) and LSU Student Single-Day Passes: \$10

WARM UP AREA

Warm Up Area is inside of the Carl Maddox Fieldhouse, located directly next to the Team Camp Area and Bernie Moore Track Stadium. No team camps allowed inside of Carl Maddox Fieldhouse.

WEIGHT ROOM

The Tiger Stadium Weight Room will be available for use during the championship. Please email strength coach Earl Chevalier, echeva1@lsu.edu, with your request to schedule.



ATHLETIC TRAINING INFORMATION

Location

The medical area is located in the Team Tent Staging Area. This area will be open 90 minutes prior to the start of each meet day and during practice times

Please be mindful of the following while using the medical area:

Please properly sanitize all areas with cleaning supplies provided

Please keep hydrocollator pads/towels in treatment area at all times

Limited cold tubs will be available in the tent space next to the medical tent

Modalities

This medical area will be equipped with all essential first aid materials, electrical stim units/accessories, ice, and hydrocollators. All medical treatments must be supervised by the team certified athletic trainer. If an athletic trainer is not accompanying your athlete and or institution, a letter from the athletic trainer must be presented with the treatment and parameters to be provided. This must be presented prior to treatments being administered.

Hydration

A water station will be set up at the Indoor practice track and throughout the competition facility. Gatorade products will be provided to your team camp area as well.

Medical Contacts

Athletic Training Director:

Derek Calvert

Cell: 225-400-7926

Email: dcalve2@lsu.edu

Athletic Training:

Rebecca Nation

Cell: 225-910-1388

Email: rnation@lsu.edu

Orthopedic Physician:

See AT if Orthopedic Physician is needed

Family Practice Physician:

See AT if Family Practice Physician is needed





BERNIE MOORE TRACK STADIUM
SEATING + EVENT MAP





GATE



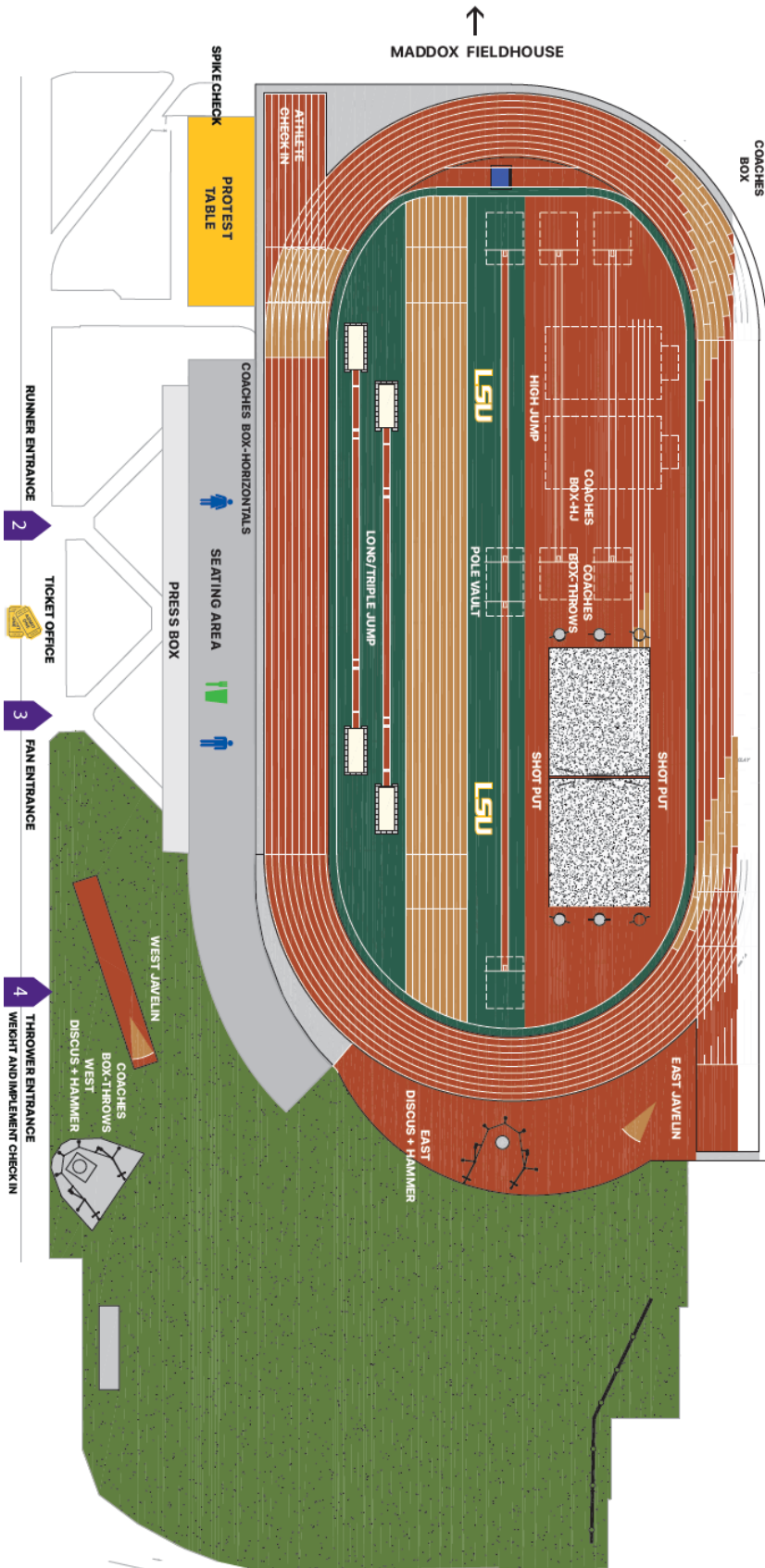
TICKET OFFICE



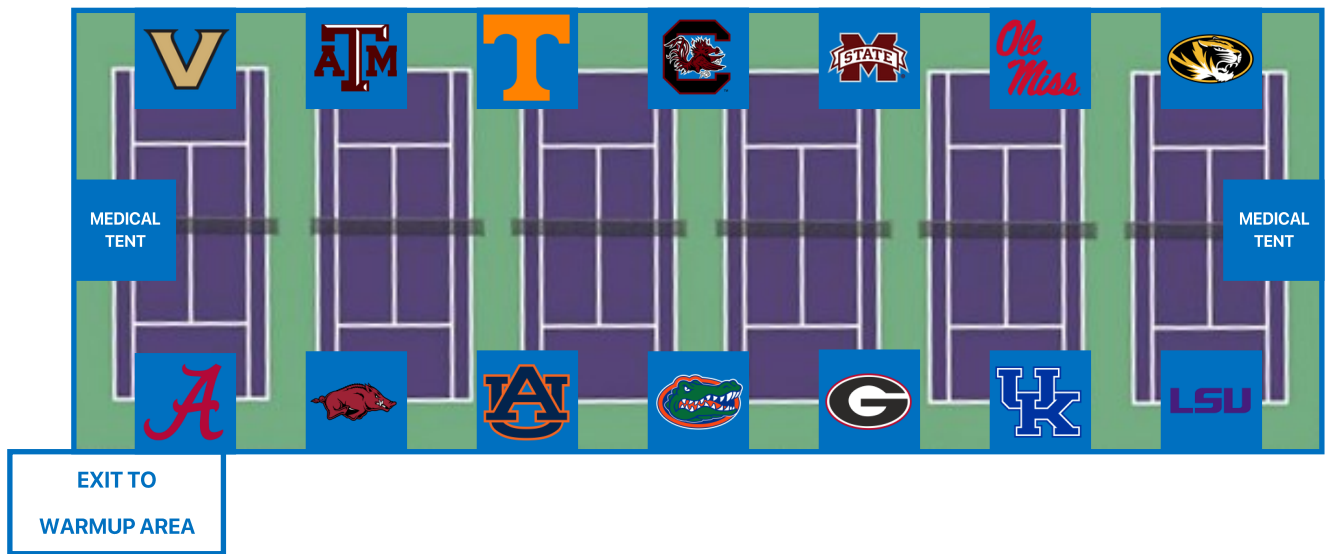
CONCESSIONS



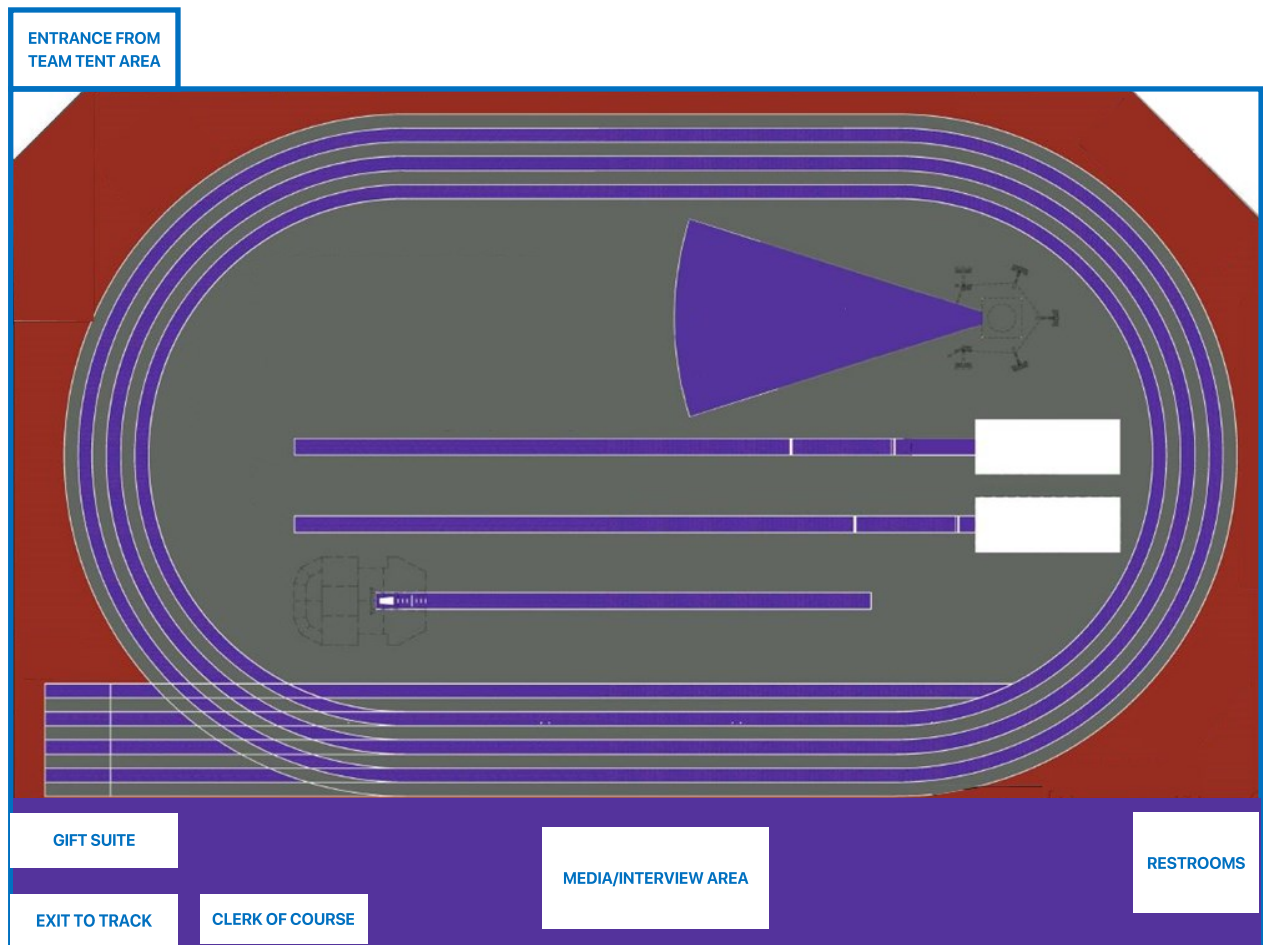
RESTROOMS



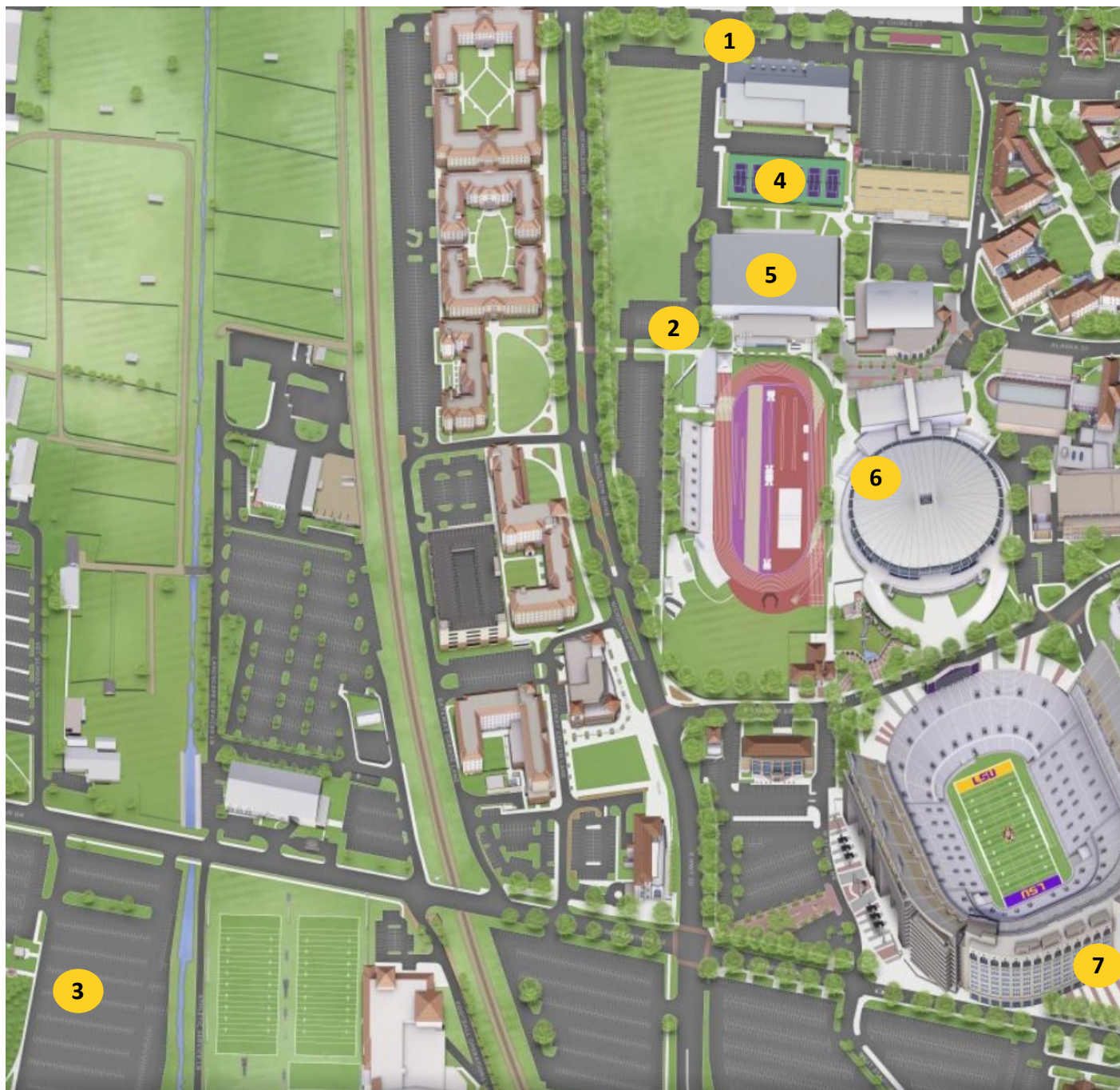
TEAM CAMP MAP



CARL MADDUX FIELDHOUSE MAP



OVERVIEW MAP



1

BUS DROP OFF

2

STAFF/MEDIA PARKING

3

BUS PARKING

4

TEAM CAMPS

5

WARMUP AREA

6

HOSPITALITY

7

COACHES MEETING



TRAVEL PARTY

TEAM: _____

Men – Women – Combined

Head Coach _____ Asst. Coach _____

Asst. Coach _____ Asst. Coach _____

Asst. Coach _____ Asst. Coach _____

Vol. Asst. Coach _____ Vol. Asst. Coach _____

Operations _____ Operations _____

Administrator _____ Cell _____

Strength+ Conditioning _____

Medical _____ Medical _____

Medical _____ Medical _____

Manager _____ Manager _____

Manager _____ Manager _____

Please return to Drew Altavilla, daltav1@lsu.edu, by 5:00 pm CST on Thursday, May 4th.



TEAM TRAVEL INFORMATION SHEET

Team: _____

REQUIRED INFORMATION

Head Coach Contact Information (In case of Emergency)

Name: _____

Cell Phone: _____

E-mail Address: _____

Primary Team Contact during SEC Championships:

Name: _____

Title: _____

Cell Phone: _____

E-mail Address: _____

Team Hotel: _____

Transportation: *(Please indicate number of each)*

_____ Buses _____ Vans _____ Cars

Please return to Drew Altavilla, daltav1@lsu.edu, by 5:00 pm CST on Thursday, May 4th.



MEDIA CREDENTIALS

Affiliation:		Telephone:	
Address:		Fax No.:	
City:	State/Zip:	E-Mail:	
Sports Editor/Director Making Request:			

Media Credentials

Name:	Email:
Name:	Email:
Name:	Email:

SID Credentials

Name/School:	Email:
Name/School:	Email:

Photography/Video Credentials

Name/School:	Email:
Name/School:	Email:

Number of parking passes needed_____

Number of seats in the press box needed_____

We will do our best to accommodate with parking passes and seating

Please return to Brayden Sik, bsik@lsu.edu, by 5:00 pm CST on Thursday, May 4th.



ATHLETE GUEST PASS LIST

This is the only pass list that will be accepted by the host institution. Once this form is submitted, **NO CHANGES** will be allowed. Pass list additions, changes and/or cancellations will not be accepted after the deadline. All seats will be General Admission and will be picked up on each day of the event by presenting a photo ID. Institutions that submit a pass list will be invoiced following the event and will be billed for every guest listed on this form, even if they do not pick up their tickets.

Forms must be submitted no later than Wednesday, May 10th, at 5:00 pm CST. Any pass list forms received after this time will not be accepted. Please submit by email to Deron Iron (dirons@lsu.edu).

Student Athlete Name	Guest Name Day 1 (THU)	Guest Name Day 2 (FRI)	Guest Name Day 3 (SAT)

Student Athlete Name	Guest Name Day 1 (THU)	Guest Name Day 2 (FRI)	Guest Name Day 3 (SAT)

[illegible]

Student Athlete Name	Guest Name Day 1 (THU)	Guest Name Day 2 (FRI)	Guest Name Day 3 (SAT)



ATHLETE GUEST PASS LIST

[illegible][illegible]

Student Athlete Name	Guest Name Day 1 (THU)	Guest Name Day 2 (FRI)	Guest Name Day 3 (SAT)

Student Athlete Name	Guest Name Day 1 (THU)	Guest Name Day 2 (FRI)	Guest Name Day 3 (SAT)

Student Athlete Name	Guest Name Day 1 (THU)	Guest Name Day 2 (FRI)	Guest Name Day 3 (SAT)

