



Important Dates & Deadlines

All times listed are Central Time (CST)

- Tuesday, April 22** **12:00pm** Deadline to enter **2025 LSU Alumni Gold**.
- Wednesday, April 23** **12:00pm** Performance list and final time schedule posted at www.LSUsports.net/meetinfo
- Friday, April 25** **4-6:00pm** Bernie Moore Track is open for practice; packet pickup will also be available. We will not accommodate practice requests outside this window.
- Saturday, April 26** **8-12:00pm** Packet pickup available at the Carl Maddox Fieldhouse Ticket Office

Entry Information & Instructions

Entry Standards **Please see below for collegiate entry standards into 2025 Alumni Gold.** Only 2025 TFRRS verified marks will be able to be entered. Speculative marks or no mark will not be accepted. Each school may enter 1 team in each relay event. ***In the long throws, we will accept the top 16 entries meeting minimum marks below due to facility limitations.***

MEN		WOMEN	
Long Jump	7.35m	Long Jump	5.75m
Triple Jump	14.80m	Triple Jump	12.20m
High Jump	2.00m	High Jump	1.70m
Pole Vault	4.85m	Pole Vault	3.85m
Shot Put	16.80m	Shot Put	14.00m
Javelin	52.00m	Javelin	43.00m
Hammer	55.00m	Hammer	48.00m
Discus	49.00m	Discus	45.00m
100m	10.40	100m	11.60
200m	21.20	200m	24.00
400m	47.00	400m	54.50
800m	1:54.0	800m	2:16.0
1500m	3:55.0	1500m	4:40.0
3000m	8:40.0	3000m	10:30
110h	14.10	100h	13.70
400h	53.50	400h	1:00.00

Entry Procedure All entries will be done through www.directathletics.com. Only 2025 TFRRS verified marks will be able to be entered. Please be aware that www.directathletics.com 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. We will not accept entries that are “close to the standard” or “athlete is ready for a breakthrough”

Entry Fees Entry fees are \$100 per athlete, \$1000 per team (men and women are considered separate teams). Additional \$100 late fee for every entry request after the deadline. Entry fees will be collected at packet pickup or as an option online. Checks should be made payable to the **LSU Athletic Department**. Please do not mail payment. Cash also accepted.

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 official at the event site. All athletes must have their spikes checked prior to check-in.

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/lisu. Final results will be will be posted on results.deltatiming.com/lisu.

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.

Practice The Bernie Moore track and field facility will be open for practice Thursday from 4:00-6:00pm. We will not accommodate requests for earlier or later practices outside the following times.
4:00pm-6:00pm Track
4:00pm-4:45pm Hammer
4:45pm-5:30pm Discus
5:30pm-6:00pm Javelin

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	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. 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	World Athletics and USA Track & Field policies require that marks to be considered for qualification to their championships (2025 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 affiliated with a collegiate team and post-collegiate athletes. Unattached athletes must request permission from meet management to enter the meet by **APRIL 20**. Entry standards are listed below and must have been achieved in the window of March 2024 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 www.directathletics.com. LSU cannot help you with setting up your account, this is the athlete responsibility.
4. The entry fee is \$100 and is non-refundable and is paid on directathletics.com. College students affiliated with a college team entry fee is \$5.

FINAL SCHEDULE & WRIST BAND PICK UP

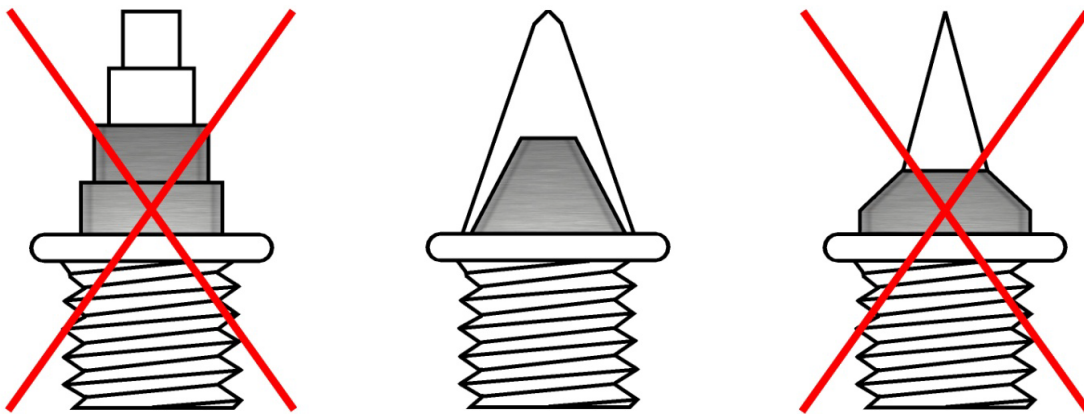
5. A final schedule will be posted on lsusports.net/meetinfo by April 23.
6. Wristband pick up for entry into the facility will be from 8-10:30am on Saturday at Carl Maddox Fieldhouse Ticket Office.

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

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
 - High jump and javelin 3/8" 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

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.