



Important Dates & Deadlines

All times listed are Central Time (CST)

Tuesday, January 30th	3:00pm	Deadline to enter the LSU High School Last Chance Qualifier
Thursday, February 1st	3:00pm	Performance list and final time schedule will be posted at www.LSUsports.net/meetinfo
Saturday, February 3rd	8:00-12:30pm	Packet pickup available at the Bernie Moore Stadium Ticket Office

Entry Information & Instructions

Eligibility	<p>This meet is only open to LHSAA schools. No out of state schools or clubs are allowed.</p> <p>LHSAA rules prevent Louisiana high school athletes from competing as club athletes. Any club with Louisiana athletes will be denied admission into the meet. All Louisiana athletes must compete with a school affiliation. As per LHSAA rules, unattached entries are not permitted.</p>
Entry Limitations	<p>Individual Events: 2 athletes per club/school. An athlete may not be entered in more than 4 events.</p> <p>Relay Events: 1 relay team per relay event</p>
Entry Procedure	<p>All entries will be done through www.DirectAthletics.com. <i>You should set your account up in advance of the deadline to avoid any problems.</i> No faxed, emailed or phoned entries will be accepted.</p> <p>In order to register, you must follow these steps:</p> <ol style="list-style-type: none"> 1. Log in to your team account on Direct Athletics 2. Click on the tab at the top of the page that says "Find a Meet" 3. Search "LSU" 4. Click the green "Schedule" button next to the LSU High School Last Chance Qualifier. This will add the meet to your schedule so when you go back to your home page, the meet will be listed with a green "Register" button 5. Repeat these steps with both genders if you coach boys and girls 6. The LSU High School Last Chance Qualifier will now show up on your home page when you login to allow you to register
Entry Fees	<p>The entry fee is \$15 per athlete. There is no team cap.</p>

Entry fees will NOT be adjusted if you do not bring entered athletes to the meet for whatever reason. Entry fees are calculated by the number of athletes entered in the meet at the entry deadline, including those on relay teams and alternates. Relay team members and alternates must be included on your entry list. If your team does not attend the meet, you will be required to pay the entry fee at the next meet you attend or an invoice for the entry fee amount will be sent to your school.

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.

Team packets will not be distributed without payment. If you forgot your payment the nearest ATM is located at LSU Sport Shop next to Mike the Tiger, which is about a 5 minute walk (1 way) from the Carl Maddox Ticket Office packet pickup window.

Meet Information

Awards

Awards will be given as outlined below:

- T-shirts will be awarded to the top 3 places in each event, including members of the top 3 relays.
- Trophies will be awarded to the Most Outstanding Track Event athletes in each gender.
- Trophies will be awarded to the Most Outstanding Field Event athletes in each gender.

Awards may be picked up at the awards station 10 minutes after the conclusion of the event. The awards station is located on the infield near the midpoint of the sprint straightaway. The Most Outstanding awards will be selected by the LSU Track & Field Officials Association and presented at the end of the meet.

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

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.

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.

Coaching Access

Coaches will be able to coach from outside the perimeter of the track everywhere except the start/finish areas and the homestretch. **ATHLETES ARE NOT PERMITTED TO CROSS THE TRACK AT ANY TIME TO RECEIVE COACHING.**

Coaches with a Pole Vault Coach wristband may sit in the first row of purple bleachers near the Pole Vault pit. **No coaches, including Pole Vault coaches, are permitted on the infield at any time.**

Coaches Wristbands

Louisiana team coaches and support staff must present the LHSAA card at the Bernie Moore Ticket Office to receive a wristband. LHSAA+1 passes will not be accepted.

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.

Entry Marks

All events are seeded and running event lanes are drawn according to times submitted. **No changes will be made after the close of entries or at the meet.**

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 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 \$13, \$8 for children aged 12 and under.																		
Minimum Marks & Starting Heights	Minimum marks for measurement and starting heights are listed below. The first legal mark for each athlete will be measured; all other marks must meet the minimum for measurement. <table><tr><td></td><td>Boys</td><td>Girls</td></tr><tr><td>High Jump</td><td>5-6</td><td>4-6</td></tr><tr><td>Pole Vault</td><td>10-0</td><td>8-0</td></tr><tr><td>Long Jump</td><td>18-0</td><td>14-0</td></tr><tr><td>Triple Jump</td><td>37-0</td><td>28-0</td></tr><tr><td>Shot Put</td><td>40-0</td><td>25-0</td></tr></table>		Boys	Girls	High Jump	5-6	4-6	Pole Vault	10-0	8-0	Long Jump	18-0	14-0	Triple Jump	37-0	28-0	Shot Put	40-0	25-0
	Boys	Girls																	
High Jump	5-6	4-6																	
Pole Vault	10-0	8-0																	
Long Jump	18-0	14-0																	
Triple Jump	37-0	28-0																	
Shot Put	40-0	25-0																	
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. 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 for officials and meet workers only. Any illegally parked vehicles may be subject to ticketing and towing.																		
Pole Vault Certification	Pole vault athletes will need to bring the LHSAA 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 8 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.																		

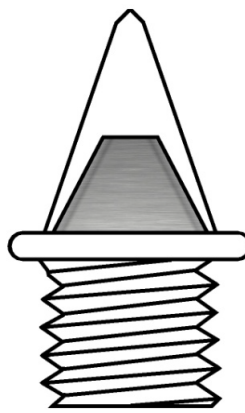
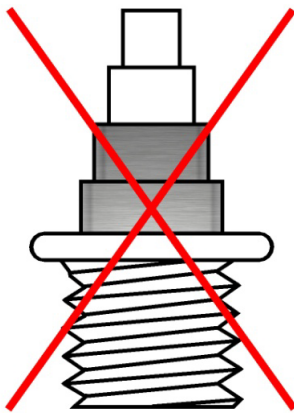
Running Events	<p>Blocks may be used only in the 60 Meter and 60 Meter Hurdles. No starting blocks will be used for the 4x200 Relay, all 400 Meter races and all 4x400 Relay races.</p> <p>In all races 800 Meters and further, an athlete will be removed from the track if they walk. In the 1600 Meter and 3200 Meter races, if an athlete is lapped, they will be moved to lane 3 and higher until the last lap. On the last lap, the athlete can move back to lane 1 and 2. The top 10 runners will remain in lanes 1 and 2 for the duration of the race.</p>
Scoring	Non-scored
Scratches	<u>SCRATCHED ATHLETES WILL NOT BE REPLACED BY ANOTHER ATHLETE ON YOUR TEAM NOR WILL IT CHANGE YOUR ENTRY FEE.</u>
Shot Put Weigh-In	<p>Shot Put inspections will be held in the Implement Weigh In Room inside the Northwest Portal of Carl Maddox Fieldhouse. Inspections will begin 90 minutes prior to the scheduled start of competition and will terminate 30 minutes prior to the scheduled start of competition in each throwing event. 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.</p>
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.
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	<p>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.</p> <p>DO NOT LEAVE VALUABLE ITEMS UNATTENDED AT ANY TIME.</p>
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 NFHS 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.

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:
 - ¼" 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

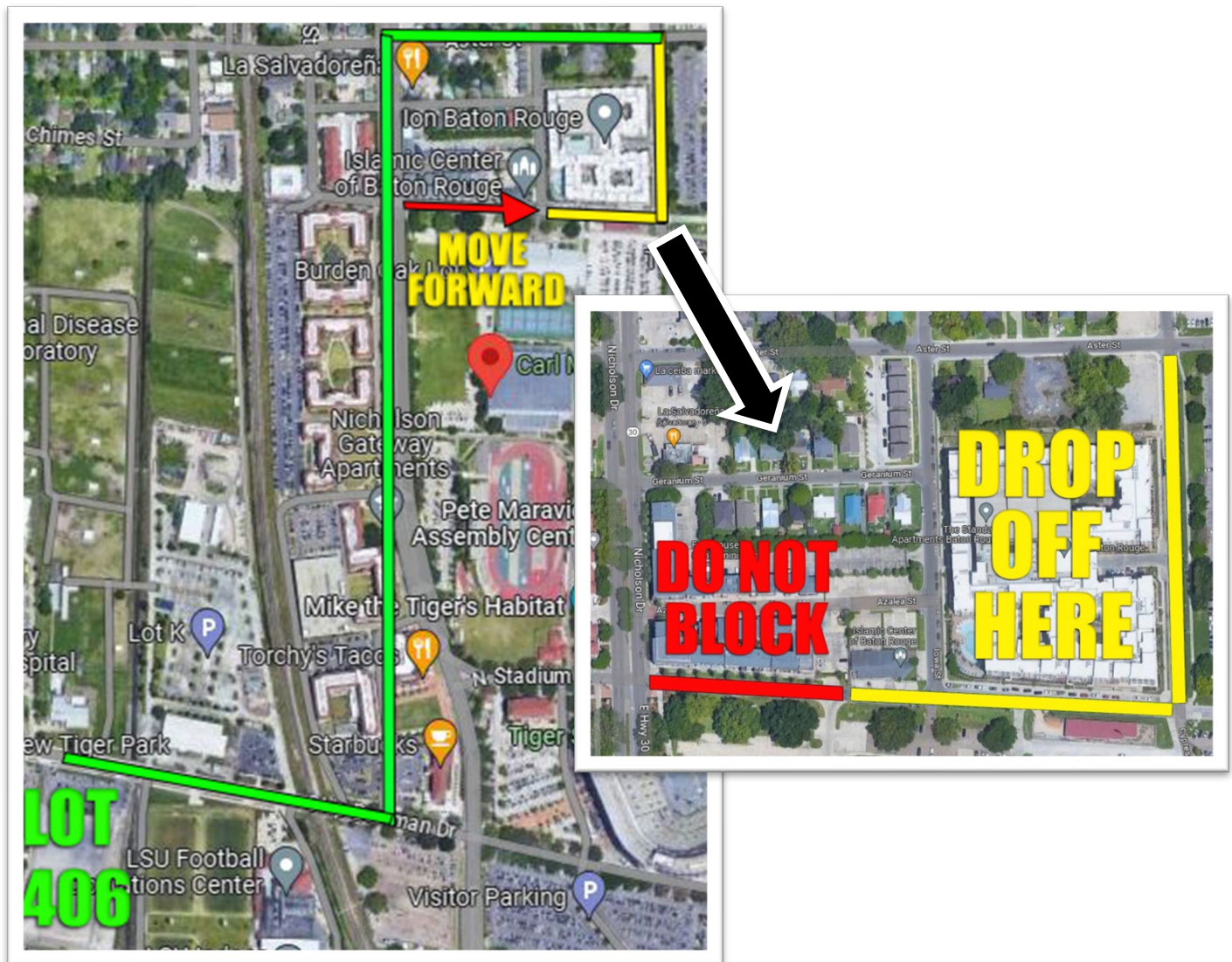
FOOD & DRINK

- 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.

POLE VAULTER WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools will be required to process the **Pole Vaulter's 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.

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 6-5-19: 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 6-5-3: 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 6-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his or her weight during warm-up or competition. NOTE: Altering the pole in any fashion renders it illegal.
PENALTY: Disqualification from the event.
- Rule 6-5-5: 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 6-5-3. 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 6-5-27h: It is a foul if the competitor grips the pole above the top handhold band.

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