

Meet Information



LSU TRACK AND FIELD

2006 Entries Information

ENTRIES INFORMATION - NOTE TO ALL COACHES

Entries will only be accepted online via the Direct Athletics web-site at www.directathletics.com. Please read all of the following meet information. Questions regarding entry instructions should be e-mailed to support@directathletics.com.

Each coach must have a Direct Athletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through Direct Athletics.

If you already have a Direct Athletics account for your Track & Field team and know your username and password, then proceed as follows:

1. Go to www.directathletics.com
2. In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)

If you do NOT know your username and password, proceed as follows:

1. Go to www.directathletics.com
2. Click on the link "New User? Click HERE".
3. Follow onscreen instructions. You will be able to create a new TEAM account online or retrieve forgotten information for an existing account.

Note About Direct Athletics Accounts

Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account.

• Important Notes Regarding Online Entries

- For each relay squad, you must enter at least 4 and up to 8 relay athletes (4 + 4 alternates)
- You must enter **ALL** athletes online in order for them to compete. **This includes relay only athletes and relay alternates.**
- All schools (colleges/junior colleges/high schools) must enter athletes through a **TEAM** account. **No unattached athletes may be entered through a TEAM account.**

Attention All Coaches

Relay teams and individuals should only be entered if they are capable of achieving the standards listed beside each event. Please use good judgment when entering athletes. Honesty is the best policy. The sizes of the fields listed beside each event are approximations and may be adjusted, as circumstances require. Event starting times are subject to change.

Relay Event Entry Procedure

Please enter actual relay marks that have been achieved in the 2006 season. Relay times may also be determined by adding the four best open/split times for athletes from either the 2005 or 2006 seasons. After entering your seed mark for each relay event on-line, you will have spaces to enter up to 8 athlete's names per relay. Please include all four runners (in order, spaces 1-4) and any alternates (up to 4 per event, spaces 5-8) in the 8 spaces provided under each relay. You must enter each member of the relay team and any alternate(s) for the relay so we may assign a bib number for each member. Any relay runners who may compete on a relay team must be entered into the meet and have a bib number to compete.

- **Entry Fees & Procedures**

The University/College Division will be for NCAA Division I, II, III, NAIA and NJCAA schools.

In order to compete, athletes and schools must be in good standing with their institution, conference, national affiliation, **and current paid members of the United States Track and Field Cross Country Coaches Association.** Information is available at: <http://ustfccca.collegesports.com>.

- University/College Division
 - There will be an entry fee of \$15 per athlete in University/College, with a maximum of \$300 per team. Men's and Women's teams are considered separate. All entry fees are non-refundable and non-transferable. Entry fees are for the total number of athletes who qualify for the meet. Please be sure to include all relay runners and alternates when you do your team entries online.
- High School Division
 - There will be an entry fee of \$10 per athlete in High School, with a maximum of \$50 per team. Boy's and Girl's teams are considered separate. All entry fees are non-refundable and non-transferable. Entry fees are for the total number of athletes who qualify for the meet. Please be sure to include all relay runners and alternates when you do your team entries online.
- Open/Club/Unattached athletes
 - Obtain a **password** for entry from the LSU Track and Field Office by emailing bmesdog@cox.net. After obtaining this password, unattached athletes should enter the meet through Direct Athletics at www.directathletics.com. Follow onscreen instructions to enter. A credit card will be required, and the \$20 entry fee must be paid online as part of the entry process. Athletes who have not entered and prepaid the entry fee in this manner will not be allowed to enter or compete.

Invitational Men's Events: 100 Meters; 4x100-Meter Relay; 4x400-Meter Relay

Invitational Women's Events: 100 Meters; 4x100-Meter Relay; 4x400-Meter Relay

Entries are due by 11:30 p.m. CST on Wednesday, March 15, 2006. A list of those athletes qualified for the 2006 LSU Relays will be posted on www.lsusports.net Friday, March 17, 2006, by 6 p.m. CST. If you are **NOT** listed, you **HAVE NOT** qualified.

Entry Deadline

*******First Posting of Accepted Athletes*******

Entries for all divisions must be submitted on the Direct Athletics web site www.directathletics.com between February 22 and March 15, 2006. The deadline for entries is 11:30 p.m. CST, Wednesday, March 15, 2006. You may edit and update your entries online anytime before the entry deadline. All submitted entries in the system at the March 15 deadline will be considered FINAL. Please be sure to print a copy of your team's entries and bring it to the meet as confirmation. Please pay special attention to the spelling of your athletes' names, their respective events and mark submitted.

- **Important Dates**

- Wednesday, February 22: Online entry page opens for processing, www.directathletics.com (8 a.m. CST)
- Wednesday, March 15: Online entry page closes (11:30 p.m. CST)
- Friday, March 17: List of Relays qualifiers released (6 p.m. CST), at www.lsusports.net
- Friday, March 17: **Online declaration** process opens for relays qualifiers at www.directathletics.com (6 p.m. CST). Please scratch qualifiers and relay teams who will **NOT** be competing in the Relays. If athletes are **NOT** scratched out of an event, we will assume they will be competing in the events they have qualified.
- Monday, March 20: **Online declaration closes** (6 p.m. CST)
- Tuesday, March 21: Final list of Relays qualifiers posted on www.lsusports.net (1:00 p.m. CST).
- Thursday, March 23: Team packets available to pick-up (11am-6 p.m.) in the Carl Maddox Fieldhouse
- Thursday, March 23: 4th annual LSU Relays begin
- Friday, March 24 & Saturday, March 25: Team packets available to pick-up at Carl Maddox Fieldhouse
 - Friday times are 8 a.m.-5 p.m.
 - Saturday times 8 a.m.-2 p.m.

- **Contact Information**

- Relays online entry: www.directathletics.com
- LSU Athletics website: www.lsusports.net
- Relays email: bmesdog@cox.net

*******Second Posting of Accepted Athletes*******

A listing of accepted athletes for the 2006 LSU Relays will be posted (alphabetically, by event) online at www.lsusports.net on Friday, March 17, 2006, by 6 p.m. CST. Each coach is strongly advised to review the list to see which of their athletes and relay teams have qualified to compete in the Relays. **If your athlete or relay team is NOT listed, they HAVE NOT qualified.**

Attention All Coaches - Scratching Accepted Athletes

After the initial list of LSU Relays accepted athletes has been posted, all coaches with athletes or relay teams accepted, are asked to scratch athletes or relay teams that will **NOT** be competing, via the Direct Athletics website (same as entries). From 6 p.m. on Friday, March 17, through 6 p.m. on Monday, March 20, coaches may log into their TEAM account at www.directathletics.com to view and scratch accepted athletes and relays. No additions or updates may be made at this time -- scratches only! This will help with the heating and seeding of the events. If athletes are NOT scratched, we will assume they will be competing in the events they have qualified. If you have no scratches, no action is necessary and all accepted athletes will be considered declared.

*******Final Posting of Accepted Athletes*******

Relay Entrants (after all scratches have been received) will be posted on www.lsusports.net by 1:00 p.m. CST on Tuesday, March 21.

Additional Guidelines

- o Make sure you enter athletes and relays in the proper division.
- o One relay team per school will be allowed to run in each relay.
- o Two athletes per team will be allowed in individual events.
- o An additional entry in the University/College divisions will be allowed for each athlete who has met the LSU Relays standards in that event, with a maximum of four (4) athletes per team allowed in an individual event.
- o In field events, Section A will be comprised of the top 12 entrants and Section B the next 24 entrants.
- o Field and selected running events will have limited entries.
- o Field events will be flighted based on performances submitted, with the top marks seeded in the final flight of the prelims. Others will be seeded accordingly.
- o Minimum marks will be used in field events. The marks will be set based on the distances submitted. We will list minimum marks and progressions on the top of the flight sheets.
- o Please include 2005 or 2006 best times and marks. No estimated times and/or marks!
- o If you do not enter a time and/or distance, your athletes and/or relay teams will be placed at the bottom of the individual event performance list.
- o No electronic portable communication equipment, walkmans, CD players or MP3 players will be allowed on the infield area at any time.
- o Athletes must keep their uniforms on at all times in the competition areas.

Attention University/College Coaches

- In the prelims of the University/College Men's and Women's 100/110-Meter Hurdles and 100 Meters, the men and women will run simultaneously. **The women will use the red straight and the men the gold straight.** We will alternate races back and forth between straights, so please have your athletes ready to compete. **All finals will be held on the gold straight.** We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule, but be aware it is a guideline only.
- To help verify marks and establish fields for the following Men's and Women's events that have a limited number of entries, you will be required to input the **date and location of the meet** where the mark was achieved when you submit your entries online. Please use best times/distances from the 2005 or 2006 season in the following events:
 - o All field events
 - o 100 Meters
 - o 1,500 Meters
 - o 110-Meter Hurdles
 - o 100-Meter Hurdles
 - o 400-Meter Hurdles
 - o 3,000-Meter Steeplechase

2006 LSU Relays Qualifying Marks

Note: All teams are allowed 2 entries in each of the following events

For each of the two entries which are **better** than the marks listed below you are allowed to enter an additional person for the event, which means a school can have a maximum of 4 athletes per event.

Men's 100 Meters	10.35	
Men's 1,500 Meters	3:45.00	
Men's 3,000-Meter Steeplechase	8:55.00	
Men's 5,000 Meters	14:10.00	
Men's 110-Meter Hurdles	13.90	
Men's 400-Meter Hurdles	51.25	
Women's 100 Meters	11.55	
Women's 1,500 Meters	4:25.00	
Women's 3,000-Meter Steeplechase	10:40.00	
Women's 5,000 Meters	16:50.00	
Women's 100-Meter Hurdles	13.60	
Women's 400-Meter Hurdles	59.25	
Men's High Jump	2.18	7' 1 3/4"
Men's Pole Vault	5.25	17' 2 3/4"
Men's Long Jump	7.65	25' 1 1/4"
Men's Triple Jump	15.70	51' 6 1/4"
Men's Shot Put	17.80	58' 4 3/4"
Men's Discus	55.00	180' 5"
Men's Javelin	67.00	219' 10"
Men's Hammer	61.00	200' 1"
Women's High Jump	1.79	5' 10 1/2"
Women's Pole Vault	3.80	12' 5 1/2"
Women's Long Jump	6.20	20' 4"
Women's Triple Jump	12.80	42'00"
Women's Shot Put	14.90	48' 10 3/4"
Women's Discus	50.00	164'00"
Women's Javelin	46.00	150' 11"
Women's Hammer	56.00	183' 9"

Attention Invitational Athletes

Invitational athletes may participate if invited, and only one (1) invitational athlete can advance to the finals in all field events. In the invitational events, awards will be given only to the top three (3) collegiate competitors; invitational athletes are ineligible for awards.

• Attention High School Coaches

- We will begin High School Division events at 1:30 p.m. on Friday, March 24, 2006.
- High schools are allowed a maximum of two athletes per event and one relay team per school.
- Due to time constraints, starting blocks will not be used in the prelims of the Boys and Girls 4x200 and 4x400-Meter Relays. **We will run the finals with blocks.**
- High school athletes must compete for their school. **No unattached or club athletes will be allowed to compete in the High School Divisions.**
- A 40-degree sector will be used for all throwing events.
- To help verify marks and establish fields for the following Men's and Women's events with a limited number of entries, you will be required to input the **[date and location of the meet](#)** where the mark was achieved when you submit your entries online. Please use best times/distances from the 2005 or 2006 season in the following events:
 - All field events
 - 100 Meters
 - 100- and 110-Meter Hurdles
 - 1,600 Meters
 - 3,200 Meters
 - 4x200-Meter Relay
- In the prelims of the High School Boys and Girls 100/110-Meter Hurdles and 100 Meters, the boys and girls will run simultaneously. **The girls will use the red straight and the boys the gold straight.** Division I will precede Division II. We will alternate races back and forth between straights, so please have your athletes ready to compete. **All finals will be held on the gold straight.** We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule, but be aware it is a guideline only.

High School Sanction

The LSU Relays has submitted for sanction of an interstate athletic event to the National Federation of State High School Associations. Check with your state high school activities association if you have any questions before entering the LSU Relays. You can check for information on your state and LSU Relays sanctioning at <http://www.nfhs.org>.

Challenge Rule

The LSU Relays will continue to adhere to its challenge rule. Any coach may challenge, in writing, the time, height or distance of marks as entered. It is then the responsibility of the challenged coach to verify to the Games Committee the marks in order to compete. If incorrect marks are submitted, the athlete(s) in question will be disqualified. Protests concerning heating for all events should be submitted in writing via email to bmesdog@cox.net. All challenges on entry marks must be made before 6 p.m. on Monday, March 20.

• Ticket Prices

- Thursday, March 23: No charge
- Friday, March 24: \$6 general admission
- Saturday, March 25: \$6 general admission
- All-Session Pass: \$12

For additional ticket information call the LSU Ticket Office at Toll Free: 1-800-960-8587, Phone: (225) 578-2184, Fax: (225) 578-3344 or visit www.lsusports.net

Housing

Please make hotel reservations as soon as possible since Relays weekend is a busy time of the year on the LSU campus and in Baton Rouge. You must make your own reservations.

Packet Pickup

Coaches may pick up team packets (bib numbers, coaches/athletes wristbands, pins, etc.) on Thursday, March 23, 2006, in the Carl Maddox Fieldhouse. Each team will be supplied with three all-meet coaches wristbands, which will be used to gain admittance to the meet. You must wear the wristband for admittance into the stadium. Any wristband which is broken or not on an individual will be denied access to the stadium. Men's and Women's teams are considered separate. Each University or College may request an additional wristband for a team trainer only at the time of the initial packet pick up. If you need additional passes, they may be [purchased](#) at packet pick up located in the Carl Maddox Fieldhouse. The cost is \$12 per pass.

Heat Sheets and Results

- Heat sheets and results will be posted on the bulletin boards in the Carl Maddox Fieldhouse, and on www.lsusports.net.

Bernie Moore Stadium

Bernie Moore Track Stadium is a 5,280-seat facility with two tracks, a 400-meter oval and an interior sprint/hurdle straightaway. Both tracks have nine 42" lanes. Field event areas include three dual directional horizontal jump runways, four dual directional pole vault runways, two shot put areas including six circles, and a multi-purpose high jump area within the oval capable of contesting three high jump competitions at once. At the south end are a synthetic javelin runway, two hammer/discus rings and cages, and two additional discus rings and cages. Bernie Moore Track Stadium is located on the LSU Campus off Nicholson Drive.

Awards

- University/College Division: 1st place - watch and Relays Champion t-shirt; 2nd and 3rd place - Relays medals
- University/College Division Relay Teams: 1st place - watches, Relays Champion t-shirts and team trophy; 2nd and 3rd place - Relays medals
- High School Division: 1st place - gold medal; 2nd place - silver medal; 3rd place - bronze medal
- High School Division Relays Teams: 1st place - gold medals and team trophy; 2nd place - silver medals; 3rd place - bronze medals
- No awards will be given for "B" section events.
- Invitational athletes are ineligible for awards.
- Awards will be available only at the awards area in Bernie Moore Stadium, located behind the finish line seating area. Due to the number of events, only first-place finishers will be presented on the awards platform (time permitting). Second and third-place winners can pick up awards from the awards area. Relays management is not responsible for awards not picked up. **Awards will not be mailed.**
- LSU Relays watches will be awarded to all eligible individual champions and members of winning relay teams in the University/College divisions. Only four watches will be awarded per relay.

Outstanding Teams and Performers

One collegiate and one high school team and two individuals (one male/one female) will be designated the Outstanding Teams and Outstanding Performers of the LSU Relays. The individual awards may come from any division. The awards are voted on by the working press covering the LSU Relays.

• Meet Procedures

- NCAA rules will prevail unless for procedural reasons as depicted in this manual or by the Games Committee.
- High School events will follow National High School Federation rules.
- We will prepare a time schedule for preliminary events after all scratches have been received. You are responsible for knowing about this time schedule. It is a guideline only. The LSU Relays runs on a strict time schedule and no calls will be made for individual athletes/relay teams to report.
- Wristbands (not numbers or uniforms) will admit athletes to the stadium.
- Every participant must wear a number during competition.
- The number must be worn on the front of the jersey.
- Honest Effort Rule - If an athlete is drawn in after final entries and does not participate in any event they are drawn, they will be disqualified for the rest of the meet (all divisions).
- Athletes legally entered in track and field events must honestly participate. An athlete must participate with maximum effort, or qualify or place, and not intentionally take a false start, in all heats and finals, or be barred from all remaining events in the current Relays. Any athlete not starting an event because of illness or injury may not return in competition for the remainder of the meet. Exceptions may be made by the Meet Referee in the case of extreme inclement weather conditions.
- Review of finish line photos will be made by the Meet Referee only. All requests to have a photo finish picture reviewed shall be made in writing at the Games Committee tables located at the northwest corner of the track. You will be notified by the meet referee of his ruling.
- Nine teams and individuals will qualify for all running event finals. Running event ties will be broken by the Meet Referee rereading the photo timer images up to one-ten thousandths of a second. If the times remain the same, and the affected teams or individuals ran in the same heat, the higher placer will advance. If the tie still remains, the tie will be broken by the Meet Referee drawing lots. All field event ties involving the ninth qualifying position will be advanced to finals.
- In races with large fields, we may use alleys instead of lanes. In the events where alleys are utilized, the top teams/individuals will be seeded in the outside set of lanes.
- Events will not be delayed for those competitors who double.
- **If relay teams qualify for a final but do not plan to run, please notify the Meet Referee or Games Committee members so another team may be moved up and allowed to compete!** The Games Committee tables will be located at the northwest corner of the track.

Implement Weigh-In

Athletes must weigh-in all throwing implements at the Bernie Moore Stadium weigh-in station, located in the Northwest corner (Gate 1B) of the stadium. Weigh-in is two hours before the event. No implements will be processed less than one hour before the event. Athletes competing in an early-morning throwing event may check in the implements the preceding night as long as the weigh-in station is open. We will not allow overweight implements to be used for throwing events during warm-ups.

Measurement of Throws and Horizontal Jumps

Throws or jumps which do not meet or exceed the minimum standard will not be measured. The marks will be set based on distances submitted and will be listed at the top of the flight sheets. A 40-degree sector will be used for all throwing events in the High School divisions.

Starting Heights

All starting heights will be determined by LSU Relays Meet Management. Weather may cause the referee and committee to make an adjustment on the day of the event.

Training Tent

Athletic trainer location is inside the warm-up area in a designated area of the Carl Maddox Fieldhouse.

Heats and Lanes

All running events are seeded according to times submitted, with the exception of Invitational events, which will be seeded by LSU Relays management. Qualifying for finals will be on place and/or time basis in all events except the 400-meter hurdles where the nine best times will qualify. All sprint medley relays will be run with a three-turn stagger. All distance medley relays will be run 1,200-400-800-1,600.

Preferred Lanes

- Oval races: 6-7-5-8-4-9-3-2-1
- Straight races: 5-6-4-7-3-8-2-9-1

For straight preliminary races, we will use both of the **red** and **gold** straights. The common finish line for lap races will be in the southwest corner of the track.

Warm up Area and Check-In Area

All athletes must do their warming up outside of Bernie Moore Stadium. The Carl Maddox Fieldhouse and grass field will be available for warm ups. The check-in area will be the Carl Maddox Fieldhouse. A public address system will be used in the check-in and warm up areas to notify athletes of the event schedule check-in times. Please have your athletes pay close attention to the order of the events; no calls will be made over the stadium public address system for athletes and or teams to check in.

- Running events: Athletes will need to check in at the Carl Maddox Fieldhouse clerking area a minimum of 30 minutes prior to their event where hip numbers will be given to the competitors and must be placed on the hip prior to entering the track for competition.
- Field Events: Athletes will need to check in at the Carl Maddox Fieldhouse clerking area. Athletes will have access to field event venues for warm ups approximately 45 minutes prior to the scheduled start of competition. Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event. In the high jump, no tape measures may be used within 30 minutes of the start of competition. Field events: Athletes must check in at least 15 minutes prior to the start of their event with the Head Judge of that event at the event site.

Locker Facilities

No locker room or shower facilities will be available for visiting schools.

• Divisions

- The University/College Division will be for NCAA Division I, II, III, NAIA and NJCAA schools.
 - In order to compete, athletes and schools must be in good standing with their institution, conference, national affiliation, **and current paid members of the United States Track and Field Cross Country Coaches Association. Information is available at:**
<http://ustfccca.collegesports.com>.
- The High School Division I will be for LHSAA Class 4A and 5A and **all** out of state High Schools.
- The High School Division II will be for LHSAA Class A, B, C, 2A, and 3A schools only.
 - A maximum of two athletes and one relay team per event is allowed, if they qualify.
 - No unattached or club athletes will be allowed to compete in the High School Divisions. In order to compete, athletes and schools must be in good standing with their school, team and their activities association in that state.
- Invitational Division will be by invitation only.

LSU Relays on the Internet

General information: heat sheets and results can be found at www.lsusports.net. Entry information can be found at www.directathletics.com and www.lsusports.net. Questions regarding online Relays entries should be directed to support@athleticsdirect.com.

LSU RELAYS DIVISIONS AND EVENTS

(NS = no standard)

University/College Men

Pole Vault	Section A	top 12
Pole Vault	Section B	next 24
Long Jump	Section A	top 12
Long Jump	Section B	next 24
High Jump	Section A	top 12
High Jump	Section B	next 24
Triple Jump	Section A	top 12
Triple Jump	Section B	next 24
Discus	Section A	top 12
Discus	Section B	next 24
Hammer		top 24
Javelin	Section A	top 12
Javelin	Section B	next 24
Shot Put	Section A	top 12
Shot Put	Section B	next 24

100 Meters	NS	No limit
1,500 Meters	Section A	top 12
1,500 Meters	Section B	top 16
5,000 Meters		top 24
110-Meter Hurdles	NS	No limit
400-Meter Hurdles	NS	No limit
3,000-Meter Steeplechase	Section A	top 12
3,000-Meter Steeplechase	Section B	top 16
4x100-Meter Relay	NS	No limit
4x200-Meter Relay		top 18
4x400-Meter Relay	NS	No limit
4x800-Meter Relay		top 12
Sprint Medley Relay		top 18
Distance Medley Relay		top 12

Invitational Men

100 Meters	top 9
4x100-Meter Relay	top 9
4x400-Meter Relay	top 9

LSU RELAYS DIVISIONS AND EVENTS

University / College Women

Pole Vault	Section A	top 12
Pole Vault	Section B	next 24
Long Jump	Section A	top 12
Long Jump	Section B	next 24
High Jump	Section A	top 12
High Jump	Section B	next 24
Triple Jump	Section A	top 12
Triple Jump	Section B	next 24
Discus	Section A	top 12
Discus	Section B	next 24
Hammer		top 24
Javelin	Section A	top 12
Javelin	Section B	next 24
Shot Put	Section A	top 12
Shot Put	Section B	next 24
100 Meters	NS	No limit
1,500 Meters	Section A	top 12
1,500 Meters	Section B	top 16
5,000 Meters		top 24
110-Meter Hurdles	NS	No limit
400-Meter Hurdles	NS	No limit
3,000-Meter Steeplechase		top 16
4x100-Meter Relay	NS	No limit
4x200-Meter Relay		top 18
4x400-Meter Relay	NS	No limit
4x800-Meter Relay		top 18
Sprint Medley Relay		top 18
Distance Medley Relay		top 12

Invitational Women

100 Meters		top 9
4x100-Meter Relay		top 9
4x400-Meter Relay		top 9

LSU RELAYS DIVISIONS AND EVENTS

High School Boys (All sections run together; picked by times/distances submitted)

1600 Meters	top 16
3,200 Meters	top 20
4x800-Meter Relay	top 12
Sprint Medley Relay (200-200-400-800)	top 18
Distance Medley Relay (1200-400-800-1600)	top 18
Long Jump	top 30
High Jump	top 30
Discus	top 30
Triple Jump	top 30
Pole Vault	top 30
Shot Put	top 30

High School Boys Division I (Louisiana Class 5A, 4A and ALL out of state high schools)

100 Meters	No limit
110-Meter Hurdles	No limit
4x100-Meter Relay	No limit
4x200-Meter Relay	No limit
4x400-Meter Relay	No limit

High School Boys Division II (Louisiana Class A, B, C, 2A, 3A)

100 Meters	No limit
110-Meter Hurdles	No limit
4x100-Meter Relay	No limit
4x200-Meter Relay	No limit
4x400-Meter Relay	No limit

High School Girls (All sections run together; picked by times/distances submitted)

1600 Meters	top 16
3,200 Meters	top 20
4x800-Meter Relay	top 12
Sprint Medley Relay (200-200-400-800)	top 18
Distance Medley Relay (1200-400-800-1600)	top 18
Long Jump	top 30
High Jump	top 30
Discus	top 30
Triple Jump	top 30
Pole Vault	top 30
Shot Put	top 30

High School Girls Division I (Louisiana Class 5A, 4A and ALL out of state high schools)

100 Meters	No limit
100-Meter Hurdles	No limit
4x100-Meter Relay	No limit
4x200-Meter Relay	No limit
4x400-Meter Relay	No limit

High School Girls Division II (Louisiana Class A, B, C, 2A, 3A)

100 Meters	No limit
100-Meter Hurdles	No limit
4x100-Meter Relay	No limit
4x200-Meter Relay	No limit
4x400-Meter Relay	No limit

LSU RELAYS

SCHEDULE OF EVENTS

(Subject to change)

Thursday, March 23, 2006

(Afternoon Session)

Field Events

1:00 p.m.	Hammer - University/College	Women	Trials/Final	(24)
3:30 p.m.	Hammer – University/College	Men	Trials/Final	(24)

Running Events

4:00 p.m.	400 – Meter Hurdles – University/College	Women	Prelims	(No limit)
4:15 p.m.	400 – Meter Hurdles – University/College	Men	Prelims	(No limit)
4:30 p.m.	3,000 Meter Steeplechase – University/College	Women	Final	(16)
4:50 p.m.	3,000 Meter Steeplechase – University/College	Men	Section B	(16)
5:05 p.m.	1,500 Meters – University/College	Women	Section B	(16)
5:15 p.m.	1,500 Meters – University/College	Men	Section B	(16)
5:25 p.m.	5,000 Meters – University/College	Women	Final	(24)
5:50 p.m.	5,000 Meters – University/College	Men	Final	(24)

Friday, March 24, 2006

(Morning Session)

Field Events

10:00 a.m.	Discus – University/College	Women	Section B	(24)
	Discus – University/College	Men	Section B	(24)

Running Events

9:30 a.m.	4x100-Meter Relay - University/College	Women	Prelims	(No limit)
	4x100-Meter Relay – University/College	Men	Prelims	(No limit)
	*100-Meter Hurdles - University/College	Women	Prelims (RED)	(No limit)
	*110-Meter Hurdles – University/College	Men	Prelims (GOLD)	(No limit)
	*100 Meters - University/College	Women	Prelims (RED)	(No limit)
	*100 Meters – University/College	Men	Prelims (GOLD)	(No limit)
	4x400-Meter Relay - University/College	Women	Prelims	(No limit)
	4x400-Meter Relay – University/College	Men	Prelims	(No limit)

*NOTE: In the University/College Men's and Women's 100/110-Meter Hurdles and 100 Meters we will run the **Men and Women** simultaneously. The Women will use the **Red** straight and Men the **Gold** straight. We will alternate races back and forth between straights, so please have your athletes ready to compete. **All finals will be held on the Gold straight.** We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule.

Friday, March 24, 2006

(Afternoon Session)

Field Events

12:00 p.m.	Long Jump - University/College	Men	Section B	(24)
	Long Jump - University/College	Women	Section B	(24)
	High Jump – University/College	Men	Section B	(24)
	High Jump – University/College	Women	Section B	(24)
12:30 p.m.	Discus - University/College	Women	Section A	(12)
	Discus – University/College	Men	Section A	(12)
3:00 p.m.	Long Jump – High School	Boys	Trials/Finals	(30)
	Long Jump – High School	Girls	Trials/Finals	(30)
	Pole Vault – High School	Boys	Final	(30)
	Pole Vault – High School	Girls	Final	(30)
	Javelin – High School	Boys	Trials/Finals	(30)
	Shot Put – High School	Girls	Trials/Finals	(30)
5:30 p.m.	Javelin – University/College	Women	Section A	(12)
	Shot Put – University/College	Women	Section B	(24)

LSU RELAYS

SCHEDULE OF EVENTS

(Subject to change)

Friday, March 24, 2006
(Afternoon Session Cont')

Running Events

1:30 p.m.	*100-Meter Hurdles - Division I & II High School	Girls	Prelims	(RED)	(No limit)
	*110-Meter Hurdles - Division I & II High School	Boys	Prelims	(GOLD)	(No limit)
	4x200-Meter Relay – Division I High School	Girls	Prelims		(18-NO BLOCKS)
	4x200-Meter Relay – Division II High School	Girls	Prelims		(27-NO BLOCKS)
	4x200-Meter Relay – Division I High School	Boys	Prelims		(18-NO BLOCKS)
	4x200-Meter Relay – Division II High School	Boys	Prelims		(27-NO BLOCKS)
	4x800-Meter Relay - High School	Girls	Final		(12)
	4x800-Meter Relay - High School	Boys	Final		(12)
	*100 Meters - Division I & II High School	Girls	Prelims	(RED)	(No limit)
	*100 Meters - Division I & II High School	Boys	Prelims	(GOLD)	(No limit)
	4x400-Meter Relay – Division I High School	Girls	Prelims		(No limit-NO BLOCKS)
	4x400-Meter Relay – Division II High School	Girls	Prelims		(No limit-NO BLOCKS)
	4x400-Meter Relay – Division I High School	Boys	Prelims		(No limit-NO BLOCKS)
	4x400-Meter Relay – Division II High School	Boys	Prelims		(No limit-NO BLOCKS)

*NOTE: In the High School Boys and Girls 100/110-Meter Hurdles and 100 Meters we will run the **Boys and Girls** simultaneously. The Girls will use the **Red** straight and Boys the **Gold** straight. Division I will precede Division II. We will alternate races back and forth between straights, so please have your athletes ready to compete. **All finals will be held on the Gold straight.** We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule.

(Evening Session)

Field Events

6:00 p.m.	Long Jump – University/College	Men	Section A		(12)
	Long Jump – University/College	Women	Section A		(12)
	High Jump – High School	Boys	Final		(30)
	High Jump – High School	Girls	Final		(30)
	Pole Vault – University/College	Women	Section A		(12)
7:00 p.m.	Javelin – University/College	Men	Section A		(12)
	Shot Put – University/College	Men	Section B		(24)

Running Events

7:30 p.m.	300 Meter Hurdles – High School	Girls	Prelims		(No limit)
	300 Meter Hurdles – High School	Boys	Prelims		(No limit)
7:55 p.m.	3,200 Meters - High School	Girls	Final		(20)
8:10 p.m.	3,200 Meters – High School	Boys	Final		(20)
8:25 p.m.	Sprint Medley Relay - High School	Girls	Final		(18-2 heats against time)
	Sprint Medley Relay - High School	Boys	Final		(18-2 heats against time)
	Sprint Medley Relay - University/College	Women	Final		(18-2 heats against time)
	Sprint Medley Relay – University/College	Men	Final		(18-2 heats against time)
9:00 p.m.	3,000 Meter Steeplechase – University/College	Men	Section A		(12)
9:15 p.m.	4x800-Meter Relay – University/College	Women	Final		(12)
9:30 p.m.	4x800-Meter Relay – University/College	Men	Final		(12)

LSU RELAYS

SCHEDULE OF EVENTS

(Subject to change)

Saturday, March 25, 2006

(Morning Session)

Field Events

10:00 a.m.	Discus - High School	Girls	Trials/Finals	(30)
	Discus - High School	Boys	Trials/Finals	(30)
	Triple Jump - University/College	Men	Section B	(24)
	Triple Jump - University/College	Women	Section B	(24)
11:00 a.m.	Pole Vault - University/College	Men	Section B	(24)
	Pole Vault - University/College	Women	Section B	(24)

Running Events

9:00 a.m.	Distance Medley Relay - High School	Girls	Final	(18)
	Distance Medley Relay - High School	Boys	Final	(18)
9:30 a.m.	4x100-Meter Relay - Division I High School	Girls	Prelims	(No limit)
	4x100-Meter Relay - Division II High School	Girls	Prelims	(No limit)
	4x100-Meter Relay - Division I High School	Boys	Prelims	(No limit)
	4x100-Meter Relay - Division II High School	Boys	Prelims	(No limit)

Saturday, March 25, 2006

(Afternoon Session)

Field Events

12:30 p.m.	Javelin - High School	Girls	Trials/Finals	(30)
	Shot Put - High School	Boys	Trials/Finals	(30)
1:00 p.m.	Triple Jump - High School	Boys	Trials/Finals	(30)
	Triple Jump - High School	Girls	Trials/Finals	(30)
	High Jump - University/College	Women	Section A	(12)
	High Jump - University/College	Men	Section A	(12)
2:00 p.m.	Javelin - University/College	Women	Section B	(24)
	Shot Put - University/College	Men	Section A	(12)
3:00 p.m.	Pole Vault - University/College	Men	Section A	(12)
4:00 p.m.	Javelin - University/College	Men	Section B	(24)
	Shot Put - University/College	Women	Section A	(12)
	Triple Jump - University/College	Men	Section A	(12)
	Triple Jump - University/College	Women	Section A	(12)

LSU RELAYS

SCHEDULE OF EVENTS

(Subject to change)

(Afternoon Session)

Running Events

12:15 p.m.	300-Meter Hurdles – High School	Girls	Final	(9)
	400-Meter Hurdles – University/College	Women	Final	(9)
	300 – Meter Hurdles – High School	Boys	Final	(9)
	400 – Meter Hurdles – University/College	Men	Final	(9)
12:40 p.m.	4x200-Meter Relay – University/College	Women	Final	(18-2 Heats against time)
	4x200-Meter Relay - University/College	Men	Final	(18-2 Heats against time)
	4x200-Meter Relay - Division I High School	Girls	Final	(9)
	4x200-Meter Relay - Division II High School	Girls	Final	(9)
	4x200-Meter Relay - Division I High School	Boys	Final	(9)
	4x200-Meter Relay - Division II High School	Boys	Final	(9)
1:10 p.m.	Distance Medley Relay - University/College	Women	Final	(12)
1:25 p.m.	Distance Medley Relay – University/College	Men	Final	(12)
1:15 p.m.	50 Meter x 8 Shuttle Relay – Local Girls	Final	(GOLD)	(8-2 Heats against time)
1:30 p.m.	50 Meter x 8 Shuttle Relay – Local Schools Boys	Final	(GOLD)	(8-2 Heats against time)
1:45 p.m.	<u>Awards Presentation and Opening Ceremonies</u>			
2:00 p.m.	4x100-Meter Relay - University/College	Women	Final	(9)
	4x100-Meter Relay – University/College	Men	Final	(9)
	4x100-Meter Relay - Division I High School	Girls	Final	(9)
	4x100-Meter Relay - Division II High School	Girls	Final	(9)
	4x100-Meter Relay - Division I High School	Boys	Final	(9)
	4x100-Meter Relay - Division II High School	Boys	Final	(9)
	4x100-Meter Relay - Invitational	Women	Final	(9)
	4x100-Meter Relay - Invitational	Men	Final	(9)
2:55 p.m.	100-Meter Hurdles - Division I High School	Girls	Final	(GOLD) (9)
	100-Meter Hurdles - Division II High School	Girls	Final	(GOLD) (9)
	Junior High 4x100 Meter Relay – Private Schools	Girls	Final	(9)
	100-Meter Hurdles - University/College	Women	Final	(GOLD) (9)
	100-Meter Hurdles - Invitational	Women	Final	(GOLD) (9)
	Junior High 4x100 Meter Relay – Public Schools	Girls	Final	(9)
	110-Meter Hurdles - Division I High School	Boys	Final	(GOLD) (9)
	110-Meter Hurdles - Division II High School	Boys	Final	(GOLD) (9)
	Junior High 4x100 Meter Relay – Private Schools	Boys	Final	(9)
	110-Meter Hurdles – University/College	Men	Final	(GOLD) (9)
	110-Meter Hurdles - Invitational	Men	Final	(GOLD) (9)
	Junior High 4x100 Meter Relay – Public Schools	Boys	Final	(9)
3:30 p.m.	1,600 Meters - High School	Girls	Final	(16)
	1,600 Meters - High School	Boys	Final	(16)
3:45 p.m.	100 Meters - Division I High School	Girls	Final	(GOLD) (9)
	100 Meters - Division II High School	Girls	Final	(GOLD) (9)
	100 Meters - Division I High School	Boys	Final	(GOLD) (9)
	100 Meters - Division II High School	Boys	Final	(GOLD) (9)
	100 Meters – University/College	Women	Final	(GOLD) (9)
	100 Meters - Invitational	Women	Final	(GOLD) (9)
	100 Meters – University/College	Men	Final	(GOLD) (9)
	100 Meters - Invitational	Men	Final	(GOLD) (9)
4:15 p.m.	1,500 Meters - University/College	Women	Final	(12)
	1,500 Meters – University/College	Men	Final	(12)
4:30 p.m.	4x400-Meter Relay - Division I High School	Girls	Final	(9)
	4x400-Meter Relay - Division II High School	Girls	Final	(9)
	4x400-Meter Relay - Division I High School	Boys	Final	(9)
	4x400-Meter Relay - Division II High School	Boys	Final	(9)
	4x400-Meter Relay – University/College	Women	Final	(9)
	4x400-Meter Relay – Invitational	Women	Final	(9)
	4x400-Meter Relay - University/College	Men	Final	(9)
	4x400-Meter Relay - Invitational	Men	Final	(9)