



**2021 LHSAA Outdoor
Track & Field (Classes 5A & 4A)
*State Tournament Bulletin***

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IMPORTANT DATES

2020-21 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 10, 2020 – Sunday, December 13, 2020	6th – 24th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, January 11, 2021 – Sunday, February 7, 2021	28th - 32nd	Outdoor Track & Field Rules Clinic
Monday, February 1, 2021	31st	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Monday, March 1, 2021	35th	1st Meet (Eligibility must be submitted online.)
Monday, March 8, 2021	36th	Deadline for Submitting GPAs online for seniors for All Academic
Wednesday, April 21, 2021 – Saturday, April 24, 2021	42nd	District Meets (All Classes – Boys’ and Girls’)
Saturday, April 24, 2021	42nd	End of Regular Season (All Classes – Boys’ and Girls’)
Friday, April 30, 2021	43rd	Regional Meet Deadline (All Classes)
Saturday, May 8, 2021	44th	State Meet (Classes 5A & 4A)
Sunday, May 16, 2021	46th	Summer Rules Begin

STATE MEET INFORMATION

DATE OF MEET

SATURDAY, MAY 8, 2021
BERNIE MOORE TRACK STADIUM AT LSU
BATON ROUGE, LA

EVENT INFORMATION

The Carl Maddox Field House will NOT be available for use this year due to LSU graduation ceremonies taking place during the track meet.

[DUE TO CAPACITY RESTRICTIONS PARTICIPATING ATHLETES AND TEAMS WILL NOT BE ALLOWED IN THE STADIUM. THE FIRST TWO ROWS OF THE STADIUM WILL BE THE DESIGNATED COACHES BOX. ALL COACHES INSIDE THE STADIUM MUST REMAIN IN THE DESIGNATED COACHING AREA AND NOT IN SPECTATOR SEATS.](#)

THE GRASSY SITE ADJACENT TO THE OUTDOOR TRACK WILL BE THE DESIGNATED WARMUP AND TEAM TENT/CAMP AREA.

In case of inclement weather, announcements will be made to instruct participants, coaches, workers, and spectators to the proper safe areas. Should you have any questions or concerns, please contact Meet Director Adam MacDowell: (225) 300-4212 or amacdowell@lhsaa.org

***LSU RULES:**

- No tents are allowed inside the stadium. Tents are only allowed in grassy areas outside the stadium.
- LSU's "Clear Bag" policy will be in effect for all athletic venues and is aimed to speed up gate entries and enhance fan safety. See brochure in bulletin for more information

HEAT SHEET INFORMATION

Rule 23.6.6 States: Prior to the state meet, the LHSAA shall place a state meet memorandum on its website and notify all schools when available. Each head track coach shall be notified by email as to when the heat sheets are available. Once notified the participating schools shall have four hours to review, appeal, or dispute the school's heat sheets which are posted on the LHSAA website. The only changes that will be considered at this time shall be errors in reporting/posting by the Regional Meet Director or the LHSAA administration. Omissions/errors by the participating schools are not appealable or disputable.

LHSAA State Meet on La.MileSplit.com:

<https://la.milesplit.com/meets/417599-lhsaa-outdoor-state-championships-2021/info>

PACKET PICK UP INFORMATION

9:45 a.m. until 2:00 p.m. at the Ticket Office on the west side of Bernie Moore Track Stadium.

Team packets containing heat sheets, participant passes, appeal form, and other information may be picked up at gate 2 by the ticket office two hours prior to your school participating. Coaches shall also receive participant passes for all relay alternates in this package. A coach must pick up his/her packet and distribute participant passes to all qualifiers prior to participation in any event.

The **Head coach** must pick-up packets with participant passes and heat sheets at the west side of Bernie Moore Track Stadium. **Head Coach** will be required to sign the equipment verification form when they pick up their packet. Coaches must present a valid photo ID, coaches card or letter from the principal in order to pick up team packets.

After 2:00 p.m. pick-up packets at southwest corner of the press box in the Track Stadium (both boys & girls).

If a school enters no more than two contestants in the meet; the student(s) may be accompanied by a faculty coach/representative, or an LHSAA approved Non-Faculty coach from any other school/system entered in the meet, if both schools' principals give written permission. The written permission shall be presented to the meet director at the packet pickup area.

SCRATCH INFORMATION

Rule 23.6.16 of the LHSAA Handbook states: There will be no scratch meeting for the state meet. Schools that qualify contestants from the regional meet to the state meet shall declare by noon on Tuesday of the week of the state meet any scratches for those qualifying to the state meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by noon on Tuesday of the week of the state meet. Schools failing to scratch contestants prior to noon on Tuesday of the state meet shall be fined \$50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances. Scratches to the state meet shall be *emailed to Adam MacDowell (amacdowell@lhsaa.org) on school letterhead* signed by the coach and school principal.

If a qualifying contestant from the regional meet is scratched and the alternate is not notified prior to noon on Tuesday of meet week, there shall be no replacement allowed.

STARTING TIMES

Field Events: 11:45 AM

Running Events: 2:00 PM - 4x800mRelay; 3:30 PM remaining events

Complete time schedule is attached to this bulletin

FIELD EVENTS

All Participants in all field events should enter the track at **Gate 11**. All throwing implements will be weighed and measured near **Gate 14**, inside the track.

- 3 preliminary throws/jumps per contestant
- 3 additional throws for 7 best distances
- Shot/Discus - stay in circle following throw until told to leave by official - leave by back half of circle.
- Weigh-in and marking for Shot/Discus/Javelin - 1 hour prior to start of each field event. Contestants will not be allowed to compete until equipment has been approved and marked. This is located in the Weight Room. Enter Gate #14
- Starting height for High Jump/Pole Vault – print out at packet pick-up table.

MULTI-EVENT-CONFLICT POLICY

Competitors will be allowed to jump/throw out of order, in the preliminaries but delaying the competition during the prelims will not be allowed. Competitors will be allowed to jump/throw out of their assigned order in the finals, but they will only be allowed to move up in the order of jumps/throws.

EXCHANGE FOR RELAYS

There will be a 30M exchange zone for relays with 200M legs or less. Relays greater than 200M will use a 20M exchange zone.

EXCHANGE ZONE MARKINGS (See photo page 19)

4 X 100 Meter Relay

Start at white lines before numbers on track.

4 X 200 Meter Relay

Start at White with Red line

4 X 400 Meter Relay (3 turn stagger)

Start at White with Blue line

4 X 800 Meter Relay (1 turn stagger)

Start at White with Green line

MARKINGS ON TRACK

Only tape may be used to mark take off spots on track. Any tape placed on the track or runways prior to the start of the meet will be removed.

Only Johnson Athletic tape may be used to mark take off spots on the track and runways. LSU will provide the tape.

800 METER RUN

Use one turn stagger - runner may move to inside beyond flag/ cones on back straightaway if he/she has more than one stride advantage on contestants on inside.

1600 AND 3200 METER RUNS

Use waterfall start - runner may move to inside if he/she has more than one stride advantage over contestants on his/her inside.

1600 METER RELAY

3 Turn Stagger will be used

3200 METER RELAY

Use one turn stagger - runner may move to inside beyond flag/ cones on back straightaway if he/she has more than one stride advantage on contestants on inside.

BATONS

LSU will provide batons for all relays.

POLE VAULTERS WEIGHT CERTIFICATION

Pole vaulter's weight verification forms must be presented to meet official at weigh-in. This form must be filled in completely and signed by all parties as listed. Failure to bring this form will disqualify your contestant on the pole vault event. Coaches with pole vaulters must have contestants in the Equipment Room at least 1-1/2 hours prior to their event for verification of weight and pole rating. All pole vaulters will be weighed at this time and poles will be marked for competition at this time.

All coaches that have vaulters competing will be allowed on the infield and restricted to the coaching area near the vault during their event. Coaches will be issued special passes to enter the infield.

Rule 3-2 Article 8 of the NFHS Track & Field Handbook states: Electronic devices may be used in unrestricted areas and coaching boxes, provided the location does not interfere with progress of the meet as determined by the meet referee.

- a) **Electronic devices shall not be used to transmit information to the competitor during the race or trial.**
- b) **Electronic devices shall not be used for any review of an official's decision.**

UNIFORM AND TRACK SHOES

All competitors shall follow Rule 4-2 Section 3 of the NFHS Track & Field Rules Book for Uniform and Track Shoe Compliance.

SCORING

Scoring for individual events and relays:

PLACE:	<u>1ST</u>	<u>2ND</u>	<u>3RD</u>	<u>4TH</u>	<u>5TH</u>	<u>6TH</u>
POINTS:	10	8	6	4	2	1

PARKING

Coaches may drop athletes off at the track stadium. See the Parking attached map in the bulletin for detailed parking.

RADIO/CELL PHONES

No radios or portable stereos will be allowed in Bernie Moore Track Stadium. Please remind your athletes of this policy. **No cell phones or walkie-talkies will be allowed on the track or infield at any time during the meet.**

ICE CHEST/COOLERS

No coolers, ice chests, or storage containers are allowed. These should be left on the school bus or a team monitored tent area on the grass practice field.

TENTS OR TARPS

No tents are allowed inside the stadium. Tents are only allowed in grassy areas outside the stadium.

PRACTICE PRIOR TO MEET & WARM-UP AREA

Saturday a.m. - Track will be available for practice by teams from 10:00 a.m. to 11:00 a.m.; and after 11:00 a.m. on the **grassy area outside of the Field House**. In this case, contestants must make sure and report to check-in area on time.

DISCLAIMER

Louisiana State University, the LSU Athletics Department, and LSU 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 storage or security for monitoring personal or team belongings/equipment.

DRESSING ROOMS

No Dressing Rooms Available.

DROP OUTS

Each School is responsible for notifying alternate qualifiers and the LHSAA office if participant will not compete in State Meet - must be notified by 12:00 noon, Tuesday, May 4, 2021 or incur a \$50 fine per contestant (23.6.13).

TICKETS

Gates open at 10:45 a.m. Due to capacity restrictions only 2600 tickets will be available. Tickets are available online and at the ticket booth on the west side of the track if not sold out. Prices: \$10.00 for everyone/all General Admission. Those entering will be stamped and may leave and return throughout the day and evening.

Online Ticket Link: [2021 LHSAA Outdoor Track Championships Tickets](https://lsusports.venue.net/cgi-bin/ncommerce3/SEGetGroupList?prc=21-LHSAA-TRACK&caller=PR&linkID=lsu&RSRC=&RDAT=)

<https://lsusports.venue.net/cgi-bin/ncommerce3/SEGetGroupList?prc=21-LHSAA-TRACK&caller=PR&linkID=lsu&RSRC=&RDAT=>

ENTRANCE FOR PRINCIPALS, COACHES AND MEDIA (NO COACHES CARDS ACCEPTED 2021)

Gate 2: (Refer to diagram) Due to capacity limitations only two administrators from each participating school will be allowed free entry to monitor their teams. Must present a valid driver's license or photo ID. Participating coaches will receive their credentials at packet pickup.

ENTRANCE FOR TICKET HOLDERS -SPECTATORS

Gate 3

ENTRANCE FOR CONTESTANTS

Contestants are only allowed inside the track when competing. Must enter through the corresponding participant check-in area for field or running events.

PARTICIPANT PASSES

One (1) pass given to each contestant qualifying for State Meet/in team packet. Participants must have passes with them at all times and present pass at pass gate to be admitted free of charge, even if stamped.

Schools that qualify relay teams will also receive a pass for the alternates listed on the entry sheets.

Participant passes are good for Saturday only. **NO PARTICIPANTS WILL BE ALLOWED IN THE STANDS.** Contestants must remain in their team area or check-in area. **All Contestants will warm-up and report for events in the grassy area next to the field house.** Check-in area will open 1-1/2 hour prior to first field event.

Coaches, managers, or spectators will not be permitted in check-in area or in track area/field events area.

NOTE: AS PASSED BY THE LHSAA EXECUTIVE COMMITTEE, PARTICIPANTS WILL BE DISQUALIFIED FROM THEIR RESPECTIVE EVENTS IF A COACH, MANAGER OR A TEAM ATTENDANT IS DISCOVERED ON THE TRACK OR IN THE FIELD EVENT AREA WHILE COMPETITION FOR HIS/HER EVENT IS IN PROGRESS. (Exception – Pole Vault Area)

CALLS

Two (2) calls for each event. First call 30 minutes prior to event and last call 20 minutes prior to start of event. Calls made at check-in area only.

Contestants must report immediately to check-in area on first call and no later than 20 minutes prior to their event. After reporting and being checked, they may continue to warm- up/participate in other events prior to next event.

CHECK-IN AREA

Must report for all track and field events (see diagram). Managers/coaches not allowed in this area.

STARTING LINES

Contestants must report ready to run (sweats off) to meet clerk. Starting blocks will be furnished. Do not bring any other starting blocks to the meet.

FINISH

After each race, runners must remain in lanes and return to finish line until places are officially decided.

PROTESTS

Protest forms in team packets. Protest must be in writing and delivered to an LHSAA representative at protest table at north end of south press box. (Near Section 14)

LHSAA OFFICIALS - JURY OF APPEALS - MEET OFFICIALS

<u>TRACK REFEREE:</u>	JAMES SIMMONS
<u>FIELD REFEREES:</u>	DENNIS PANEPINTO
<u>JURY OF APPEALS:</u>	SCOTT CARROWAY FRANK TRAMMEL TOMMY REEDER
<u>POLE VAULT VERIFICATION OFFICIALS:</u>	JOE MOREAU JOEL MCFARLAND DEAN JOHNSON
<u>UNIFORM INSPECTORS:</u>	DAVID LASAGE WAYNE MESSINA
<u>MEET DIRECTORS:</u>	ADAM MACDOWELL, LHSAA ASST. EXECUTIVE DIRECTOR
<u>MEET OFFICIALS:</u>	MEMBERS OF LSU TRACK & FIELD OFFICIALS' ASSN.

AWARDS

1st, 2nd, and 3rd place winners in all individual and relay events will be announced and awarded at the podium immediately following each event.

SCHEDULE OF EVENTS

SATURDAY, MAY 8TH

FIELD EVENTS:

<u>TIME</u>	<u>EVENT</u>	<u>CLASS</u>	<u>DIVISION</u>	<u>LOCATION</u>
11:45 AM	LONG JUMP	4A	BOYS	EAST RUNWAY
	LONG JUMP	4A	GIRLS	WEST RUNWAY
	HIGH JUMP	5A	BOYS	SOUTH PIT
	HIGH JUMP	5A	GIRLS	NORTH PIT
	POLE VAULT	4A	BOYS	MIDDLE PIT
	POLE VAULT	5A	GIRLS	NORTH/ SOUTH PIT
	SHOT PUT	5A	BOYS	SOUTH RING
	SHOT PUT	5A	GIRLS	NORTH RING
	JAVELIN	4A	GIRLS	WEST RUNWAY
	JAVELIN	4A	BOYS	EAST RUNWAY
1:00 PM	LONG JUMP	5A	BOYS	EAST RUNWAY
	LONG JUMP	5A	GIRLS	WEST RUNWAY
	HIGH JUMP	4A	BOYS	SOUTH PIT
	HIGH JUMP	4A	GIRLS	NORTH PIT
	SHOT PUT	4A	BOYS	SOUTH RING
	SHOT PUT	4A	GIRLS	NORTH RING
	JAVELIN	5A	BOYS	EAST RUNWAY
	JAVELIN	5A	GIRLS	WEST RUNWAY
2:15 PM	TRIPLE JUMP	4A	BOYS	EAST RUNWAY
	TRIPLE JUMP	4A	GIRLS	WEST RUNWAY
	POLE VAULT	5A	BOYS	MIDDLE PIT
	POLE VAULT	4A	GIRLS	NORTH/ SOUTH PIT
	DISCUS	4A	GIRLS	EAST RING
	DISCUS	5A	BOYS	WEST RING
3:30 PM	TRIPLE JUMP	5A	BOYS	EAST RUNWAY
	TRIPLE JUMP	5A	GIRLS	WEST RUNWAY
	DISCUS	5A	GIRLS	EAST RING
	DISCUS	4A	BOYS	WEST RING

TRACK EVENTS:

RUNNING EVENTS THAT BEGIN AT 3:30PM ARE ON A ROLLING TIME SCHEDULE

<u>TIME</u>	<u>EVENT</u>	<u>CLASS</u>	<u>DIVISION</u>
2:00 PM	4 X 800M RELAY	4A	GIRLS
	4 X 800M RELAY	5A	GIRLS
	4 X 800M RELAY	3A	BOYS
	4 X 800M RELAY	5A	BOYS
3:30 PM	4 x 200M RELAY	4A	GIRLS
	4 x 200M RELAY	5A	GIRLS
	4 x 200M RELAY	4A	BOYS
	4 x 200M RELAY	5A	BOYS
	1600 METERS	4A	GIRLS
	1600 METERS	5A	GIRLS
	1600 METERS	4A	BOYS
	1600 METERS	5A	BOYS
	100 METER HURDLES	4A	GIRLS
	100 METER HURDLES	5A	GIRLS
	110 METER HURDLES	4A	BOYS
	110 METER HURDLES	5A	BOYS
	100 METERS	4A	GIRLS
	100 METERS	5A	GIRLS
	100 METERS	4A	BOYS
	100 METERS	5A	BOYS
	800 METERS	4A	GIRLS
	800 METERS	5A	GIRLS
	800 METERS	4A	BOYS
	800 METERS	5A	BOYS
	4x100M RELAY	4A	GIRLS
	4x100M RELAY	5A	GIRLS
	4x100M RELAY	4A	BOYS
	4x100M RELAY	5A	BOYS
	400 METERS	4A	GIRLS
	400 METERS	5A	GIRLS
	400 METERS	4A	BOYS
	400 METERS	5A	BOYS

TRACK EVENTS (CONTINUED):

300 METER HURDLES	4A	GIRLS
300 METER HURDLES	5A	GIRLS
300 METER HURDLES	4A	BOYS
300 METER HURDLES	5A	BOYS
200 METERS	4A	GIRLS
200 METERS	5A	GIRLS
200 METERS	4A	BOYS
200 METERS	5A	BOYS
3200 METERS	4A	GIRLS
3200 METERS	4A	BOYS
4 x 400M RELAY	4A	GIRLS
4 x 400M RELAY	4A	BOYS
3200 METERS	5A	GIRLS
3200 METERS	5A	BOYS
4 x 400M RELAY	5A	GIRLS
4 x 400M RELAY	5A	BOYS

LSU PARKING INFORMATION

GENERAL INFO

Please plan to arrive early for events and to find alternate directions to and from the campus - please use www.LSUSports.net/WAZE and download the Waze app.

LSU recommends all schools review directions in advance and map out your routes and drop-off locations. In addition, all teams should communicate internally too coordinate locations for staff and athletes to rendezvous.

BUS INFORMATION

Busses will not be allowed to drop off/unload along Nicholson Dr. In addition, several left turns will not be accessible in the southbound lane of Nicholson. Please see the attached map for recommendations for bus drop off and parking locations.

Busses will **NOT** be allowed to park in Lot 104-Bernie Moore, Lot 105-Carl Maddox, or Lot 106-Carl Maddox Grass. Bus parking will be located in lot 407 - gravel lot near River Road, west of Tiger Park and across from the Vet School.

BUS DROP-OFF DIRECTIONS (FROM NICHOLSON, SOUTHBOUND TRAFFIC)

- Heading southbound on Nicholson
- Turn Left at Aster Street
- Turn right at Iowa Street (unload in front of the LSU Natatorium)
- Turn Left on W. Chimes St.
- Turn Left on Alaska St.
- Turn Left on W. Roosevelt St.
- Turn Left on Nicholson
- Proceed southbound to Skip Bertman Drive
- Turn Right on Skip Bertman Dr.
- Proceed top Lot 407

BUS PICK-UPS DIRECTIONS (FROM LOT 407 TO THE INTERSTATE)

- Depart Lot 407, head east towards Tiger Stadium
- Turn Left on Nicholson
- Proceed north until reaching W. Chimes St.
- Turn Right on W. Chimes St.
- Turn Left on Alaska St.
- Proceed Straight to Roosevelt St.
- Turn Left on Roosevelt St.
- Proceed straight to Nicholson
- Turn Right on Nicholson
- Proceed to the interstate



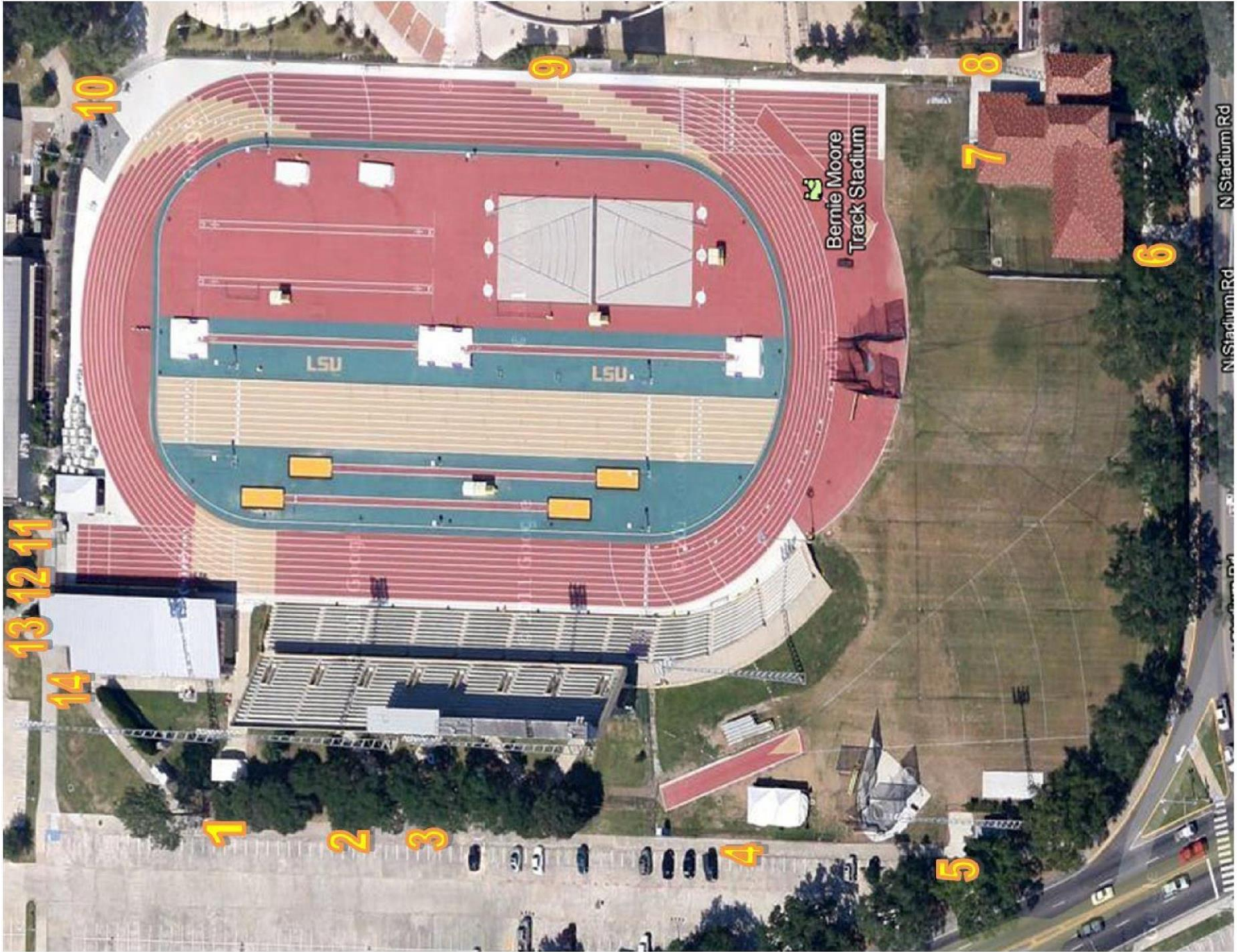
AERIAL VIEW OF BUS PARKING

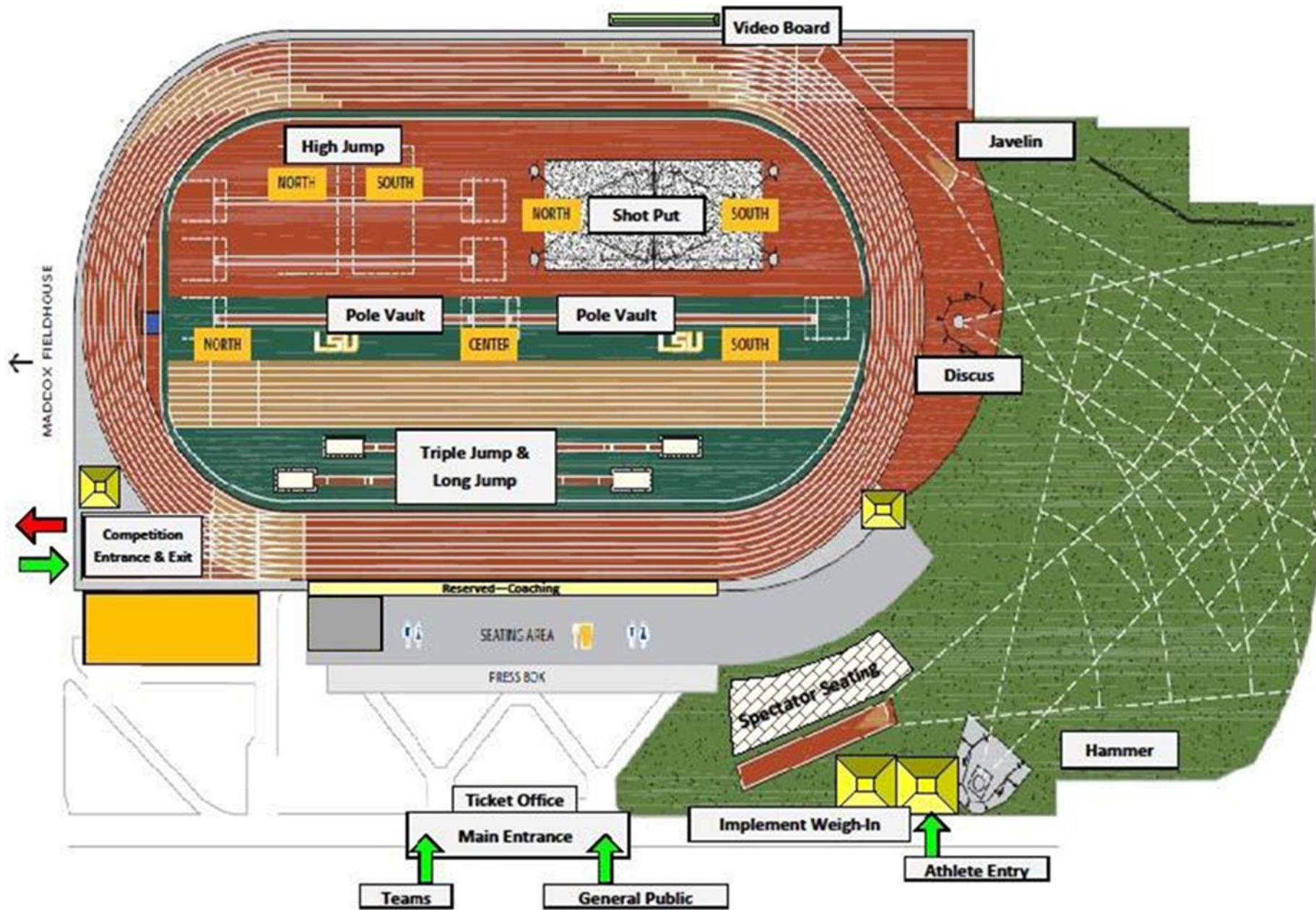


bus pick-up route

Lot 407
BUS PICKUP







CHAMPIONSHIP SOUVENIRS

CHAMPIONSHIP APPAREL



Remember this achievement. Visit the PepWear Store or shop.lhsaa.org to purchase Official Event Merchandise including shirts and hoodies with participants' names on the back, full color plaques, and more!

For assistance with orders contact (866) 775-3450 or customerservice@pepwear.com

CHAMPIONSHIP PHOTOGRAPHS



RomaPics is proud to be the official photographer of the Louisiana High School Athletic Association. Please stop by our booth during the Allstate Sugar Bowl/LHSAA Cross Country State Meet to view and order photos. Team and individual, action, and all awards photos will be available for purchase and will be printed on site.

www.romapics.com

CHAMPIONSHIP RINGS



Congratulations champions! Celebrate your victory with your championship ring- the ultimate symbol of dedication, perseverance and teamwork. Herff Jones is proud to be the exclusive provider for LHSAA and LHSCA Championship Jewelry and is the recognized leader in celebrating student milestones.

Harris Beall, Clint Ivey, Donald Scamardo

Baton Rouge, LA // 225.927.1383 // gshhbria@gradsupply.biz
Metairie, LA // 504.737.4439 // gradsupply@aol.com

CHAMPIONSHIP REPLICA TROPHIES



For more information regarding State Championship mini replica trophies and medals, contact Gold Star Trophies at (225) 928-4230.

www.goldstartrophies.com

2020-21 LHSAA SPONSORS



LHSAA CORPORATE PARTNERS

THE LHSAA WOULD LIKE TO THANK THE FOLLOWING 2020 - 2021 PARTNERS FOR THEIR CONTINUED SUPPORT OF HIGH SCHOOL ATHLETICS IN LOUISIANA.

TEAM LHSAA



Dudley DeBosier[®]



OFFICIAL INJURY LAWYERS OF THE LHSAA[®]



LHSAA STATEWIDE PARTNERS



LHSAA REGIONAL PARTNERS



LHSAA TEAMMATES



HOTEL BLOCK

HOTEL	ROOM RATES	COMMENTS
<p>Holiday Inn Baton Rouge College Drive I-10 4848 Constitution Ave, Baton Rouge, LA 70808 Contact: Leslie Alleman Email: lalleman@executivecenterbr.com Cell:225-930-0106 Hotel Phone: 225-448-2030</p>	<p>Doubles: \$92</p> <p>Kings: \$92</p>	<ul style="list-style-type: none">• outdoor pool and a 24-hour fitness center• complimentary wireless Internet• Hotel restaurant• Breakfast Buffet Available (\$)