



**2022 LHSAA Outdoor
Track and Field
(Classes 3A, 4A and 5A)
State Meet Bulletin**

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STATE MEET INFORMATION

Saturday, May 7, 2022
Bernie Moore Track Stadium at LSU
Baton Rouge, LA

HEAT SHEET INFORMATION

Rule 23.6.5 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.

DISPUTE PERIOD: Tuesday, May 3, 2022 12 p.m. noon to 4 p.m.

PACKET PICKUP

8:00 a.m. until 1:30 p.m. in the Carl Maddox Indoor Track Field House.

Team packets containing heat sheets, participant passes, appeal form, and other information may be picked up in the Field House 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 Check-In Table in the Field House. The Head Coach will be required to sign the equipment verification form when they pick up their packet. Assistant Coaches or Faculty Representatives must present a valid ID and a letter from the principal in order to pick up team packets.

After 1:30 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.

STARTING TIMES

Field Events: 10:45 AM

Running Events: 2:30 PM (4x800m Relay 1:00 PM)

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.

SCRATCH INFORMATION

Rule 23.6.13: 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.

SCRATCH DEADLINE: Tuesday, May 3, 2022, at 12 p.m. noon.

CALLS

Two 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.

MULTI-EVENT CONFLICT

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. **There will be a 10-minute time limit for competitors that are excused by field event judge to compete in another event.**

EXCHANGE ZONE MARKINGS - see diagram on page 13

4 X 100 Meter Relay

- 30-meter exchange zone
- Start line white
- Between the white lines before numbers on track and the second mark in gold.

4 X 200 Meter Relay

- 30-meter exchange zone
- Start red with white line
- Exchanges from 1 to 2 and 2 to 3 - Between the red line and the second mark in red.
- Exchange from 3 to 4 - Between the blue line and the second mark in gold.

4 X 400 Meter Relay (3 turn stagger)

- Start white with blue line
- 20-meter exchange zone between blue marks

4X800 Meter Relay (1 turn stagger)

- Start at white with green Line
- Exchange zone between blue marks

NOTE: LSU's track still has a 20-meter exchange zones with 10-meter acceleration zones rather than 30-meter exchange zones for the 4x100 and the 4x200.

Only tape may be used to mark take off spots on track. Tape located at each exchange zone.

BATONS

LSU will supply all batons.

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 RUN

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

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. Contestants must remain in stands 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 hours 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: 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 - Designated pole vault coaches within the coaches box)

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 | 1st | 2nd | 3rd | 4th | 5th | 6th |
|--------|-----|-----|-----|-----|-----|-----|
| POINTS | 10 | 8 | 6 | 4 | 2 | 1 |

ENTRANCE FOR PRINCIPALS, COACHES AND MEDIA

Gate 2: (Refer to diagram) Must present LHSAA/LHSCA card and a valid driver's license to accompany card. Passes are not transferable.

ENTRANCE FOR TICKET HOLDERS/SPECTATORS

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.

TICKETS

Gates open at 9:45 a.m. **Tickets are only available online** and can be purchased through the day of the event. Prices: \$10.00 for everyone/all General Admission. Kids 2 and under are free. Those entering will be stamped and may leave and return throughout the day and evening. Tickets can be purchased online at:

LHSAA OFFICIALS - JURY OF APPEALS - MEET OFFICIALS

TRACK REFEREE: JAMES SIMMONS

FIELD REFEREES: DENNIS PANEPINTO

JURY OF APPEALS: JOEY PENDER, FRANK TRAMMEL, SCOTT CARROWAY

POLE VAULT VERIFICATION OFFICIALS: JOE MOREAU, JOEL MCFARLAND, DEAN JOHNSON

CLERK OF COURSE: DAVID LACAGE, WAYNE MESSINA

MEET DIRECTOR: ADAM MACDOWELL, LHSAA ASST. EXECUTIVE DIRECTOR

MEET OFFICIALS: MEMBERS OF LSU TRACK & FIELD OFFICIALS' ASSN.

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 3, 2022.

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)

AWARDS/All-ACADEMIC

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

All-Academic Awards will take place at 12:30 p.m.

MVP awards presented during the the team trophy presentation at the conclusion of the meet for each classification. Selected by the working media based on best performance or total points.

RADIO/CELL PHONES

No radios or portable stereos/speakers 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 by participating athletes.

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/TARPS/UMBRELLAS

No tents are allowed inside the stadium. Tents are only allowed in grassy areas outside the stadium. Umbrellas block the view of spectators and shall not be used inside the stadium.

PRACTICE/WARMUP AREA

Saturday a.m. - Track will be available for practice by teams from 8:00 a.m. to 10:30 a.m. and after 10:30 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. **Any tape or marks placed on the track or field event runways will be remove prior to competition.**

DRESSING ROOMS

No Dressing Rooms Available.

SCHEDULE OF EVENTS

SATURDAY, MAY 7

| | | | | |
|------------|-------------|----|-------|-----------------|
| 10:45 | JAVELIN | 3A | GIRLS | WEST RUNWAY |
| | JAVELIN | 4A | BOYS | EAST RUNWAY |
| 12:00 NOON | LONG JUMP | 3A | BOYS | EAST RUNWAY |
| | LONG JUMP | 4A | GIRLS | WEST RUNWAY |
| | HIGH JUMP | 4A | BOYS | SOUTH PIT |
| | HIGH JUMP | 5A | GIRLS | NORTH PIT |
| | POLE VAULT | 3A | BOYS | MIDDLE PIT |
| | POLE VAULT | 4A | GIRLS | NORTH/SOUTH PIT |
| | JAVELIN | 4A | GIRLS | WEST RUNWAY |
| | JAVELIN | 5A | BOYS | EAST RUNWAY |
| | SHOT PUT | 3A | BOYS | SOUTH RING |
| | SHOT PUT | 5A | GIRLS | NORTH RING |
| 1:45 P.M. | LONG JUMP | 5A | BOYS | EAST RUNWAY |
| | LONG JUMP | 3A | GIRLS | WEST RUNWAY |
| | HIGH JUMP | 3A | BOYS | SOUTH PIT |
| | HIGH JUMP | 4A | GIRLS | NORTH PIT |
| | JAVELIN | 5A | GIRLS | WEST RUNWAY |
| | JAVELIN | 3A | BOYS | EAST RUNWAY |
| | SHOT PUT | 4A | BOYS | SOUTH RING |
| | SHOT PUT | 4A | GIRLS | NORTH RING |
| 2:30 P.M. | LONG JUMP | 4A | BOYS | EAST RUNWAY |
| | LONG JUMP | 5A | GIRLS | WEST RUNWAY |
| | POLE VAULT | 5A | BOYS | MIDDLE PIT |
| | POLE VAULT | 3A | GIRLS | NORTH/SOUTH PIT |
| | SHOT PUT | 5A | BOYS | SOUTH RING |
| | SHOT PUT | 3A | GIRLS | NORTH RING |
| | DISCUS | 3A | BOYS | WEST RING |
| | DISCUS | 5A | BOYS | EAST RING |
| 3:45 P.M. | TRIPLE JUMP | 3A | BOYS | EAST RUNWAY |
| | TRIPLE JUMP | 4A | GIRLS | WEST RUNWAY |
| | HIGH JUMP | 5A | BOYS | SOUTH PIT |
| | HIGH JUMP | 3A | GIRLS | NORTH PIT |
| | DISCUS | 4A | BOYS | EAST RING |
| | DISCUS | 4A | GIRLS | WEST RING |

| | | | | |
|-----------|-------------|----|-------|-----------------|
| 5:00 P.M. | TRIPLE JUMP | 4A | BOYS | EAST RUNWAY |
| | TRIPLE JUMP | 3A | GIRLS | WEST RUNWAY |
| | POLE VAULT | 4A | BOYS | MIDDLE PIT |
| | POLE VAULT | 5A | GIRLS | NORTH/SOUTH PIT |
| | DISCUS | 3A | GIRLS | EAST RING |
| | DISCUS | 5A | GIRLS | WEST RING |
| 6:15 P.M. | TRIPLE JUMP | 5A | BOYS | EAST RUNWAY |
| | TRIPLE JUMP | 5A | GIRLS | WEST RUNWAY |

| | | | |
|-----------|-------------------|----|-------|
| 1:00 P.M. | 4x800 METERS | 3A | GIRLS |
| | 4x800 METERS | 4A | GIRLS |
| | 4x800 METERS | 5A | GIRLS |
| | 4x800 METERS | 3A | BOYS |
| | 4x800 METERS | 4A | BOYS |
| | 4x800 METERS | 5A | BOYS |
| 2:30 P.M. | 4x200 METERS | 3A | GIRLS |
| | 4x200 METERS | 4A | GIRLS |
| | 4x200 METERS | 5A | GIRLS |
| | 4x200 METERS | 3A | BOYS |
| | 4x200 METERS | 4A | BOYS |
| | 4x200 METERS | 5A | BOYS |
| | 1600 METERS | 3A | GIRLS |
| | 1600 METERS | 4A | GIRLS |
| | 1600 METERS | 5A | GIRLS |
| | 1600 METERS | 3A | BOYS |
| | 1600 METERS | 4A | BOYS |
| | 1600 METERS | 5A | BOYS |
| | 100 METER HURDLES | 3A | GIRLS |
| | 100 METER HURDLES | 4A | GIRLS |
| | 100 METER HURDLES | 5A | GIRLS |
| | 110 METER HURDLES | 3A | BOYS |
| | 110 METER HURDLES | 4A | BOYS |
| | 110 METER HURDLES | 5A | BOYS |
| | 100 METERS | 3A | GIRLS |
| | 100 METERS | 4A | GIRLS |
| | 100 METERS | 5A | GIRLS |
| | 100 METERS | 3A | BOYS |
| | 100 METERS | 4A | BOYS |
| | 100 METERS | 5A | BOYS |
| | 800 METERS | 3A | GIRLS |
| | 800 METERS | 4A | GIRLS |
| | 800 METERS | 5A | GIRLS |
| | 800 METERS | 3A | BOYS |
| | 800 METERS | 4A | BOYS |
| | 800 METERS | 5A | BOYS |

| | | | |
|--|-------------------|----|-------|
| | 4x100 METERS | 3A | GIRLS |
| | 4x100 METERS | 4A | GIRLS |
| | 4x100 METERS | 5A | GIRLS |
| | 4x100 METERS | 3A | BOYS |
| | 4x100 METERS | 4A | BOYS |
| | 4x100 METERS | 5A | BOYS |
| | 400 METERS | 3A | GIRLS |
| | 400 METERS | 4A | GIRLS |
| | 400 METERS | 5A | GIRLS |
| | 400 METERS | 3A | BOYS |
| | 400 METERS | 4A | BOYS |
| | 400 METERS | 5A | BOYS |
| | 300 METER HURDLES | 3A | GIRLS |
| | 300 METER HURDLES | 4A | GIRLS |
| | 300 METER HURDLES | 5A | GIRLS |
| | 300 METER HURDLES | 3A | BOYS |
| | 300 METER HURDLES | 4A | BOYS |
| | 300 METER HURDLES | 5A | BOYS |
| | 200 METERS | 3A | GIRLS |
| | 200 METERS | 4A | GIRLS |
| | 200 METERS | 5A | GIRLS |
| | 200 METERS | 3A | BOYS |
| | 200 METERS | 4A | BOYS |
| | 200 METERS | 5A | BOYS |
| | 3200 METERS | 3A | GIRLS |
| | 3200 METERS | 3A | BOYS |
| | 4x400 METERS | 3A | GIRLS |
| | 4x400 METERS | 3A | BOYS |
| | 3200 METERS | 4A | GIRLS |
| | 3200 METERS | 4A | BOYS |
| | 4x400 METERS | 4A | GIRLS |
| | 4x400 METERS | 4A | BOYS |
| | 3200 METERS | 5A | GIRLS |
| | 3200 METERS | 5A | BOYS |
| | 4x400 METERS | 5A | GIRLS |
| | 4x400 METERS | 5A | BOYS |

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.

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.

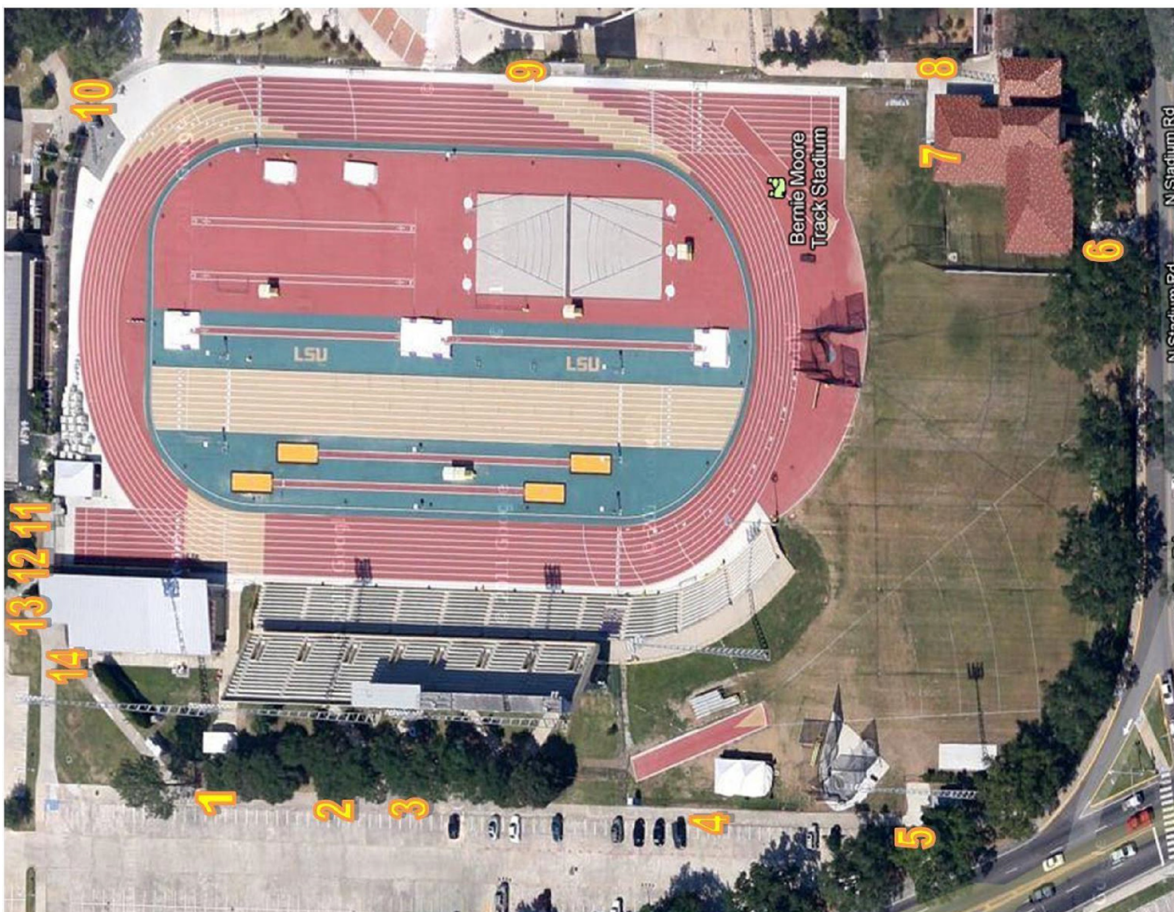
BUS DROP-OFF DIRECTIONS (FROM NICHOLSON, SOUTHBOUND TRAFFIC)

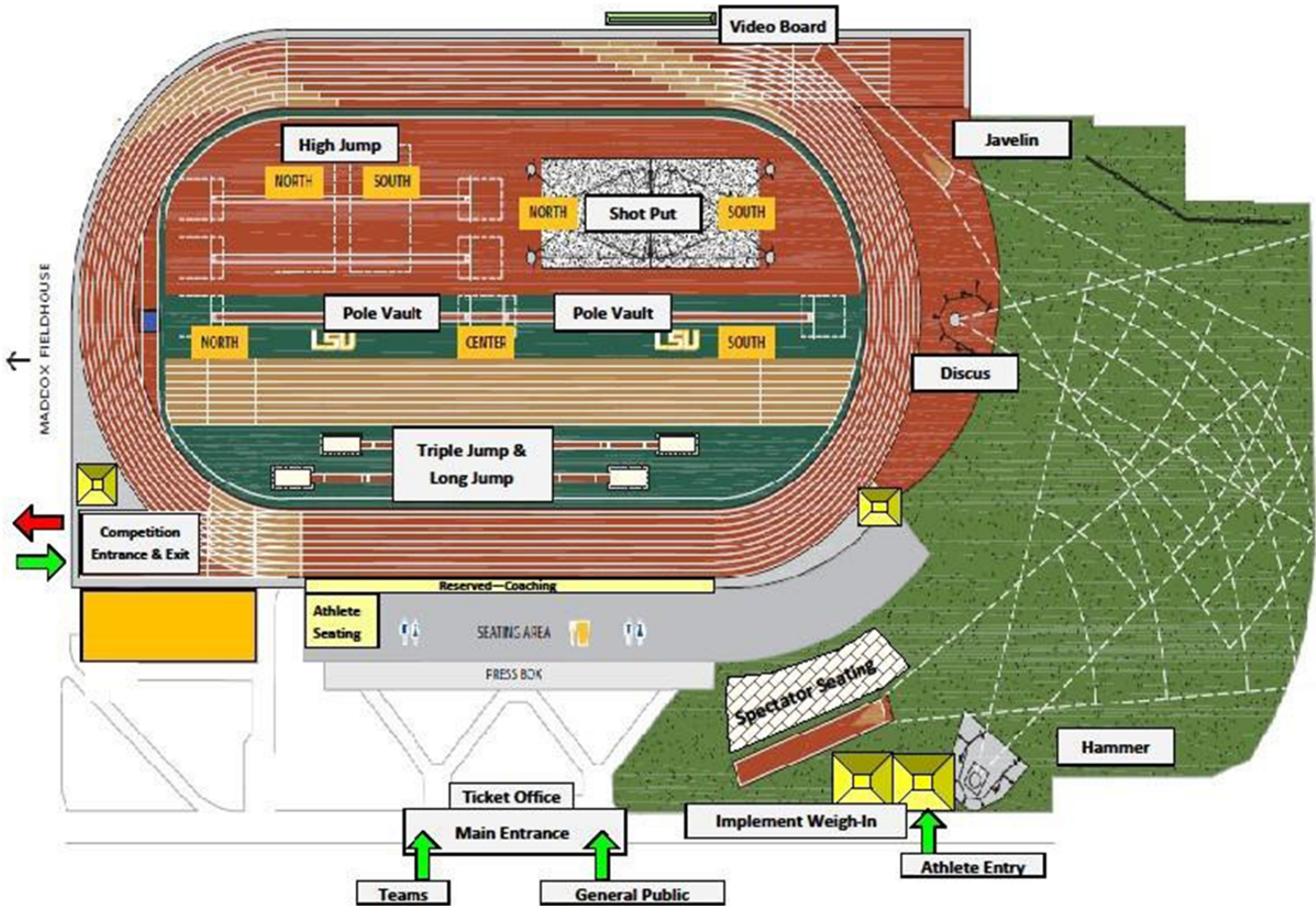
- Heading southbound on Nicholson
- Turn Left at Aster Street
- Turn right at Iowa Street (unload in front of the LSU Natatorium)
- Turn Left on W. Chimes St.
- Turn Left on Alaska St.
- Turn Left on W. Roosevelt St.
- Turn Left on Nicholson
- Proceed southbound to Skip Bertman Drive
- Turn Right on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







BERNIE MOORE TRACK KEY

- 100 HURDLES
- SOUTH END STARTING LINE
- NORTH END STARTING LINE
- 110 HURDLES
- SOUTH END STARTING LINE
- NORTH END STARTING LINE
- 300 HURDLES
- 400 HURDLES
- 4X100 RELAY (2 TURN)
- START LINE
- ACCELERATION ZONE
- EXCHANGE ZONE
- 4X200 RELAY (4 TURN)
- START LINE
- ACCELERATION ZONE
- RUNNER 2&3
- EXCHANGE ZONE 1->2/2->3
- ACCELERATION ZONE RUNNER 4
- EXCHANGE ZONE 3->4
- 4X400 RELAY (3 TURN)
- START LINE
- EXCHANGE ZONE
- 4X800 RELAY
- START LINE
- EXCHANGE ZONE

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 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 // gshhbrla@gradsupply.biz
Metairie, LA // 504.737.4439 // gradsupply@aol.com

CHAMPIONSHIP REPLICAS TROPHIES



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

www.goldstartrophies.com



LHSAA CORPORATE PARTNERS

THE LHSAA WOULD LIKE TO THANK THE FOLLOWING 2021-2022 PARTNERS FOR THEIR CONTINUED DEDICATION & SUPPORT OF HIGH SCHOOL ATHLETICS IN LOUISIANA



LHSAA TITLE PARTNER



TEAM LHSAA



LHSAA STATEWIDE PARTNERS



LHSAA TEAMMATES



SERVING LOUISIANA'S YOUTH FOR OVER 100 YEARS