



**2024 LHSAA Outdoor Track and Field Friday Classes (2A&3A) & Saturday Classes (4A&5A)**  
**State Meet Bulletin**

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# TIME CHEAT SHEET

	FRIDAY 5/3	SATURDAY 5/4
Packet Pickup	10:00am- 2pm	10:00am - 2pm
Coaches Card Gate Opens	10:00am	10:00am
Practice Outdoor	10:30am- 11:45am	10:30am- 11:45am
Warmup Indoor Track	11:45am	11:45am
Ticket Window Opens	11:30am	11:30am
General Admission Gate Opens	12:30pm	12:30pm
Implement Weigh- Ins (90-min)	12:00pm	12:00pm
<b>Field Events</b>	<b>1:30pm</b>	<b>1:30pm</b>
<b>Running Events</b>	<b>3:00pm</b>	<b>3:00pm</b>

# IMPORTANT DATES

2023-2024 DATES	ACTIVITY
MONDAY, JANUARY 29, 2024	1st Practice (Current medical history/exam, athletic participation/ parental permission, and substance misuse forms must be on file.)
MONDAY, FEBRUARY 26, 2024	1st Meet (Eligibility must be submitted online.)
MONDAY, MARCH 4, 2024	Deadline for Submitting GPAs online for seniors for All-Academic
WEDNESDAY, APRIL 17, 2024- SATURDAY, APRIL 20, 2024	District Meets (Classes B-5A - Boys' and Girls') <b>(Meets may be earlier if approved by District)</b>
SATURDAY, APRIL 20, 2024	End of Regular Season (All Classes - Boys' and Girls')
FRIDAY, APRIL 26, 2024	Regional Meet Deadline (All Classes)
THURSDAY, MAY 2, 2024	State Meet (Classes 1A, B and C)
FRIDAY, MAY 3, 2024	State Meet (Classes 3A and 2A)
SATURDAY, MAY 4, 2024	State Meet (Classes 5A and 4A)
SUNDAY, MAY 12, 2024	Summer Rules Begin

# STATE MEET INFORMATION

## SCRATCH/ DROP OUT INFORMATION

### SCRATCH DEADLINE: Tuesday, April 30, 2024 at 12 pm noon.

A scratch must be submitted on school letterhead, signed by the coach and school principal, and emailed to Adam MacDowell (amacdowell@lhsaa.org).

The school that scratches a contestant is responsible for notifying the alternate contestant's school. If a qualifying contestant from the regional meet is scratched and the alternate is not notified prior to the scratch deadline, there shall be no replacement allowed.

Bylaw 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."

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, April 30, 2024.**

## RELAY ALTERNATE CHANGES

### State Relay Additions and Substitutions - Deadline Noon, Tuesday April 30th

- o Click on Meet Registration link (upper right)
- o Click on your team's name
- o Make your changes to relays
- o Click Done button
- o Go back and verify all entries

#### Editing Relay Instructions:

When editing your relay entries, If you are attempting to register more athletes to your relay team than you had previously registered for the regional meet (Ex. You registered 7 athletes for the regional meet but now want to list 8 athletes for state), you must adjust the "Athletes on Relay" field. To do so, click on the "Athletes on Relay" drop down listed just above your relay's seed time and select the correct number of athletes that will be listed:

Varsity Girls 4x100 Meter Relay Entries

Relay Team A Athletes on Relay: 7

53.08 4 5 6 7 8

Rita Thoroughmar

Maddy Hall

Austyn Van Horn

Sarah Weatherford

Madison Kuntz

Maddison Isom

Emma Pickens

Athlete Pool

Search Athlete

Other Athletes

Audrey Auer

MARGARET CARROLL

MCKENNA CLABORN

Karlie Ellis

Maddie Enos

Sara Grateke

Hayley Gruenewald

Maddy Hall

Gracyn Harke

Maddison Isom

Ashley James

Save & Return to Event List Save & Continue

Once done, you will now be permitted to add additional athletes by checking the box next to their name on the right hand side. Click save once your relay team is set.

**\*\* If your entry edits will not increase the total number of athletes on the relay team, no action is required. For example, if you are simply removing one athlete and adding another, you will not be required to edit the "Athletes on Relay" field.**

## HEAT SHEET INFORMATION

### **DISPUTE PERIOD: Tuesday, April 30, 2024 12 p.m. noon to 4 p.m.**

Bylaw 23.6.5: "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."

## PACKET PICKUP

### **10:00 a.m. until 2:00 p.m. in the Carl Maddox Indoor Track Field House.**

Team Packets contain Heat Sheets, Participant wristbands (alternates included), appeal form and pole vault coaches pass and weigh-in information if applicable.

**ONLY** the Head Coach shall pick up team packets and will be required to sign the equipment verification form. Assistant Coaches or Faculty Representatives must present a valid ID and a letter from the principal in order to pick up team packets. 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.

**Pick-up AFTER 2:00pm** – packets will be available in the southwest corner (near section 14) of the press box in the Track and Field Stadium.

## PARTICIPATION PASSES

Received in Packet at Packet Pick-up. One wristband is given to each student-athlete qualifying for the Meet (including alternates listed on the entry sheet). Participants must have a wristband with them at all times and present a pass at the pass gate to be admitted free of charge. Pass is only applicable for their competition day only. Contestants must remain in stands or check-in area.

## POLE VAULTERS WEIGHT CERTIFICATION - GATE 14

### **GATE 14**

Pole vaulter's weight verification forms (**located in team packet**) must be presented to the 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 in the pole vault event. Coaches with pole vaulters must have athlete(s) 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.

Pole Vault Coaches must have the dedicated wristband located in the Team Packet to enter the infield.

**Only coaches registered with their school as an outdoor track and field coach and wearing the pole vault coach's bracelet shall be permitted on the infield in the coaches box. Any coach in the designated coaches box that is not registered with the member school of student(s) in which they are coaching will be penalized under 5.11.22 in the LHSAA Handbook.**

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 the progress of the meet as determined by the meet referee.

1. Electronic devices shall not be used to transmit information to the competitor during the race or trial.
2. Electronic devices shall not be used for any review of an official's decision.

## EQUIPMENT CHECK - GATE 13

**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.

**Track Shoes/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 enter Carl Maddox Fieldhouse. Athletes will not be able to compete without having their spikes tagged. Any athletes competing with non-tagged spikes will be disqualified. Acceptable spikes: ¼” pyramids.



**Batons and Blocks:** LSU will supply all batons and starting blocks.

**Tape:** Tape located at each exchange zone provided by LSU.

## EVENT CALLS

### **30 minutes prior to event**

Two calls for each event. The first call is 30 minutes prior to the event and the last call is 20 minutes prior to the start of the event. Calls are made at the check-in area only.

Contestants must report immediately to the check-in area on the 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 the next event.

## PRACTICE / WARM-UP

### **10:30AM - 11:45AM GATE 12 / BERNIE MOORE TRACK STADIUM**

Team packets shall first be picked up by the head coach and all participating athletes must wear their competitor wristbands to be eligible to enter the track. Any tape or marks placed on the track or field event runways during practice will be removed prior to the competition.

The indoor track will be available at 11:45 a.m. for warmups. No team camps and no athlete bathrooms will be available in the indoor track. No dressing rooms are available. All contestants will warm up and report for events in the grassy area next to the field house.

**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)

## FIELD EVENTS

### **START TIME: 1:30PM at GATE 11**

Contestants are only allowed inside the track when competing. **All throwing implements will be weighed and measured near Gate 14, inside the track.** All implement weigh-ins will open 90 minutes prior to the first field event and will remain open throughout the competition. Implements shall be weighed at least 90 minutes prior to each event. TOP 7 go to Finals (one more than scoring). Pole Vault & High Jump are seeded randomly by height.

## RUNNING EVENTS

Athlete Check-In: **GATE 12 (See diagram on page 10)**

### **START TIME: 3:00PM**

Contestants are only allowed inside the track when competing.

#### **4x100 Meter Relay:**

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

#### **4x200 Meter Relay:**

- 30-meter exchange zone
- Start red with a 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.

#### **4x400 Meter Relay (3-turn stagger)**


















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

**NOTE:** LSU's track is updated to reflect 30-meter exchange zones for the 4x100m. Tape provided by LSU.

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.

### **BERNIE MOORE TRACK KEY**

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

## 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. Students must take **ALL** jumps prior to leaving. **There will be a 10-minute time limit for competitors that are excused by the field event judge to compete in another event. No protest will be accepted if the competition concludes within this 10-minute time period as athletes are encouraged to take their throws/jumps prior to being excused.**



## WHEELCHAIR AND PARA-AMBULATORY INFORMATION

### **THURSDAY, MAY 2ND; START TIME APPROX. 6:00PM**

#### Wheelchair Track and Field:

Any questions concerning wheelchair track and field should be answered by applying to the section of the LHSAA handbook dealing with participation in wheelchair track and field. This information can be found in the LHSAA Handbook: Section 23.

**Note:** All Wheelchair athletes will compete on Thursday, May 2nd (First day of the meet).

### **FRIDAY, MAY 3RD; START TIME APPROX. 5:40PM**

#### Para-Ambulatory:

A para-ambulatory athlete shall have a permanent orthopedic, neuromuscular, or other physical disability. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.

**Note:** All para-ambulatory athletes will compete on Friday, May 3rd (Second day of the meet).

## LHSAA OFFICIALS - JURY OF APPEALS - MEET OFFICIALS/ PROTEST

A protest form is in the team packet. Protest must be in writing and delivered to an LHSAA representative at the protest table at the north end of the south press box. (Near Section 14)

**TRACK REFEREE:** JAMES SIMMONS

**FIELD REFEREE:** DENNIS PANEPINTO

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

**POLE VAULT VERIFICATION/ IMPLEMENT WEIGH-IN OFFICIALS:** JOE MOREAU, JOEL MCFARLAND, DEAN JOHNSON

**CLERK OF COURSE:** WAYNE MESSINA, FRED EHRHART

**MEET DIRECTOR:** ADAM MACDOWELL, LHSAA ASSISTANT EXECUTIVE DIRECTOR

**MEET OFFICIALS:** MEMBERS OF LSU TRACK & FIELD OFFICIALS' ASSOCIATION

## SCORING

Scoring for individual events and relays.

PLACE	1ST	2ND	3RD	4TH	5TH	6TH
POINTS	10	8	6	4	2	1

## 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. Athletes shall not wait for award presentations if they have been released from a field event or have a running event in which they need to report.

MVP awards are presented during 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.

## ALL- ACADEMIC

### **FRIDAY and SATURDAY, MAY 3RD & 4TH AT 2:30PM**

All-Academic Awards will take place at 2:30 p.m. Each recipient should enter the All-Academic/ LHSCA Pass Gate at Gate 3 at least 30 minutes before the award presentation. The recipient will receive free admission for yourself as well as up to two guests. Any additional family members or guests may purchase tickets online. All - Academic information has been sent to your school's principal.

## MEDIA

### **Location: CARL MADDOX INDOOR FIELD HOUSE**

Media without a credential must check in with LHSAA at the Indoor Track. If you have any questions, email Vincent Cacioppo at [vcacioppo@lhsaa.org](mailto:vcacioppo@lhsaa.org).

## COACHES AND ADMINISTRATOR ENTRANCE

**GATE 2 :** Must present LHSAA/LHSCA card and a valid driver's license to accompany the card. Passes are not transferable. Guest must arrive with you if applicable. **Coaches gate will open at 10:00AM.**

## TICKETS - ONLINE ONLY

**Ticket window will open at 11:30AM.** Tickets are only available online and can be purchased for \$15.00, through the day of the event. Children ages 2 and under are free. Those entering will be stamped and may leave and return throughout the day. Tickets can be purchased online. See Ticket links below for Friday and Saturday!

[2024 LHSAA Outdoor Track Championship - Friday](#)

[2024 LHSAA Outdoor Track Championship - Saturday](#)

## SPECTATOR/ GUEST ENTRANCE & SPECTATOR STUDENT -ATHLETES AND COACHES

### **GATE 3: Gates will open at 12:30PM**

**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 Chests/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.

**Food and Drinks:** Water is 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 and drawstring bags are permitted inside Carl Maddox Fieldhouse. No bags of excessive size (backpacks, duffel bags, suitcases, coolers) are permitted inside the Fieldhouse.

## PARKING INFORMATION/ BUS PARKING INFORMATION

Please plan to arrive early for events and to find alternate directions to and from the campus. Please use [www.LSUSports.net/WAZE](http://www.LSUSports.net/WAZE) and/or download the Waze app.

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

### **BUSES DROP OFF: LOT 407 (gravel lot near River Road)**

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

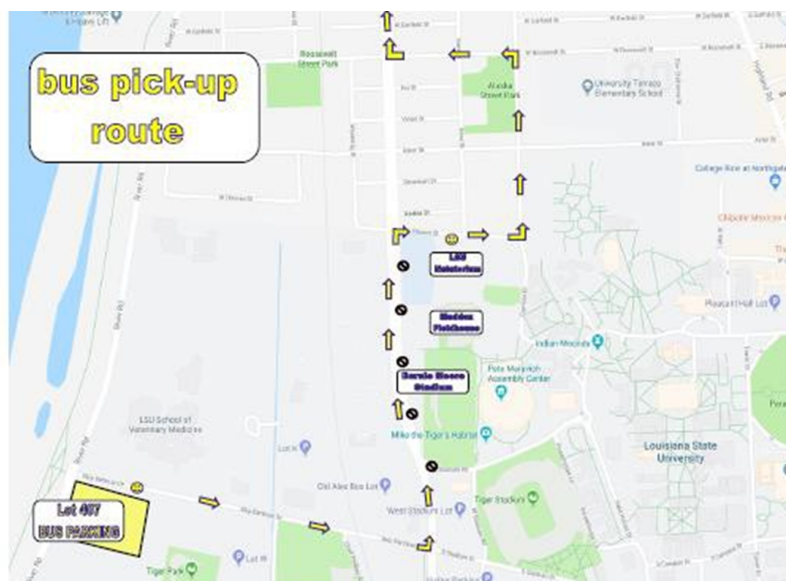
### **Bus Drop-off Directions (From Nicholson, southbound traffic)**

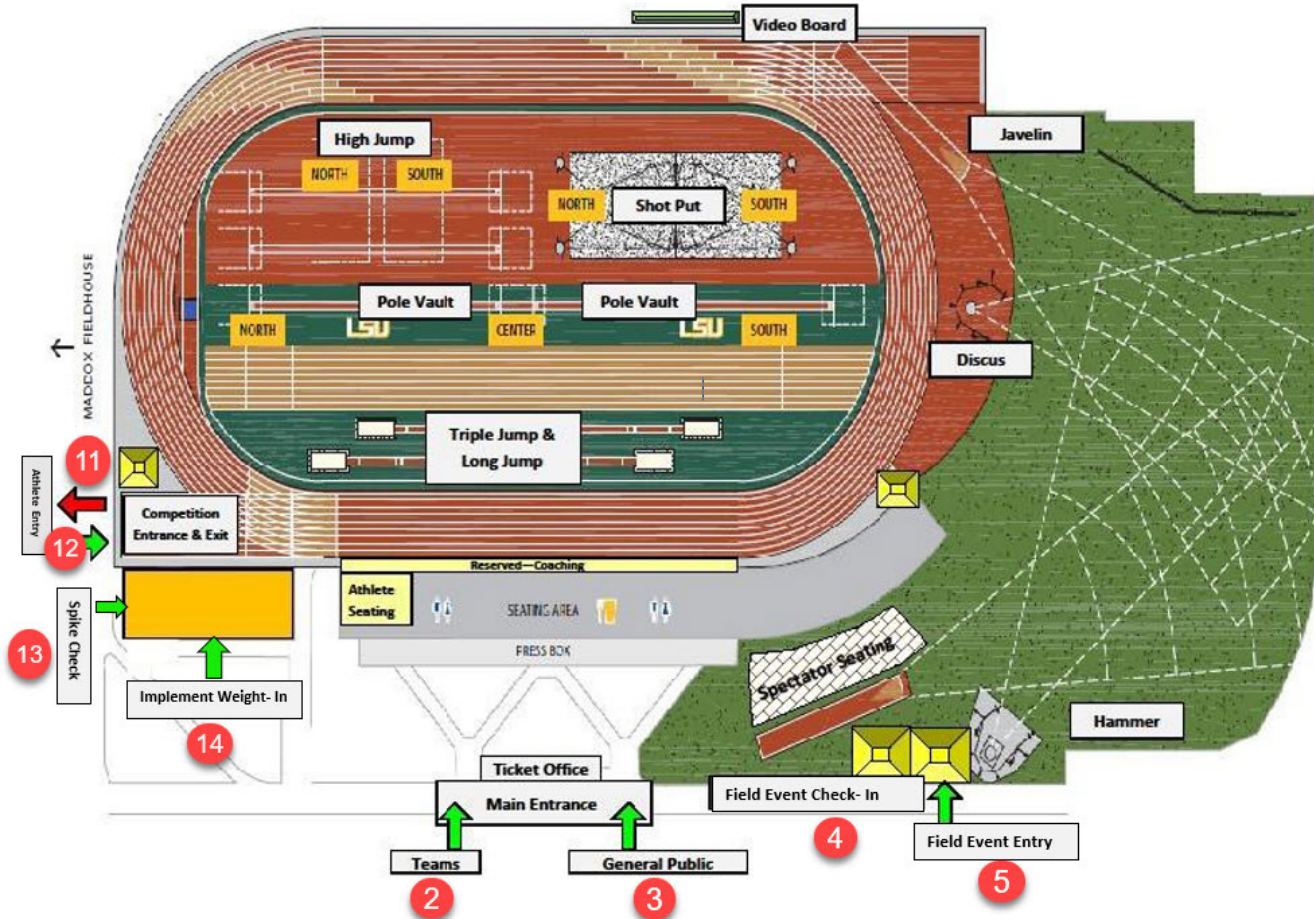
Heading southbound on Nicholson; Turn Left at Aster Street; Turn right at Iowa Street (unload in front of the LSU Natatorium); Turn Left on W. Chimes St.; Turn Left on Alaska St.; Turn Left on W. Roosevelt St.; Turn Left on Nicholson; Proceed southbound to Skip Bertman Drive; Turn Right on Skip Bertman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



### **Bus Pick-up 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.





Map Key	
Number	Description
#2	Teams, coaches and administrators entrance
#3	Spectator entrance
#4	Field Event Check- in for <b>Discus and Javelin</b>
#5	Field Event Entry for <b>Discus and Javelin</b>
#11	Field Event Check-In for <b>Triple &amp; Long Jump, Pole Vault, High Jump, and Shot Put</b>
#12	Athlete Check - In for Running Events
#13	Equipment/ Spike Check
#14	ALL Implements Weigh- In

# SCHEDULE OF FIELD EVENTS

## FRIDAY, MAY 3

Time	Event	Class	Girls/Boys	Location
1:30 PM	Long Jump	2A	Boys	East Runway
	Long Jump	3A	Girls	West Runway
	High Jump	3A	Boys	South Pit
	High Jump	2A	Girls	North Pit
	Pole Vault	2A	Boys	North/South Pit
	Pole Vault	3A	Girls	North/South Pit
	Javelin	2A	Boys	East Runway
	Javelin	3A	Girls	West Runway
	Shot Put	3A	Boys	South Ring
	Shot Put	2A	Girls	North Ring
2:45 PM	Long Jump	3A	Boys	East Runway
	Long Jump	2A	Girls	West Runway
	High Jump	2A	Boys	South Pit
	High Jump	3A	Girls	North Pit
	Javelin	3A	Boys	East Runway
	Javelin	2A	Girls	West Runway
	Shot Put	2A	Boys	South Ring
	Shot Put	3A	Girls	North Ring
4:00 PM	Triple Jump	2A	Boys	East Runway
	Triple Jump	3A	Girls	West Runway
	Pole Vault	3A	Boys	North/South Pit
	Pole Vault	2A	Girls	North/South Pit
	Discus	3A	Boys	East Ring
	Discus	2A	Girls	West Ring
5:15 PM	Triple Jump	3A	Boys	East Runway
	Triple Jump	2A	Girls	West Runway
	Discus	2A	Boys	East Ring
	Discus	3A	Girls	West Ring
6:15 PM *Para-Ambulatory*	Shot Put	All Classes	Boys and Girls	South Ring
6:45 PM *Para-Ambulatory*	Discus	All Classes	Boys and Girls	East Ring
7:15 PM *Para-Ambulatory*	Javelin	All Classes	Boys and Girls	East Runway

# SCHEDULE OF RUNNING EVENTS

## FRIDAY, MAY 3

Event/Time	Class	Girls/Boys
<b>2:30 PM</b>	All-Academic Presentation (2A and 3A)	
<b>2:55 PM</b>	Invocation and National Anthem	
<b>3:00 PM</b>	Running Time Schedule Begins (rolling schedule)	
4x800-meter relay	2A	Girls
4x800-meter relay	3A	Girls
4x800-meter relay	2A	Boys
4x800-meter relay	3A	Boys
100-meter hurdles	2A	Girls
100-meter hurdles	3A	Girls
110-meter hurdles	2A	Boys
110-meter hurdles	3A	Boys
<b>*Para-Ambulatory* 100-meter run</b>	All Classes	Boys and Girls
100-meter dash	2A	Girls
100-meter dash	3A	Girls
100-meter dash	2A	Boys
100-meter dash	3A	Boys
4x200-meter relay	2A	Girls
4x200-meter relay	3A	Girls
4x200-meter relay	2A	Boys
4x200-meter relay	3A	Boys
1600-meter run	2A	Girls
1600-meter run	3A	Girls
1600-meter run	2A	Boys
1600-meter run	3A	Boys
4x100-meter relay	2A	Girls
4x100-meter relay	3A	Girls
4x100-meter relay	2A	Boys
4x100-meter relay	3A	Boys
<b>*Para-Ambulatory* 400-meter run</b>	All Classes	Boys and Girls
400-meter run	2A	Girls
400-meter run	3A	Girls
400-meter run	2A	Boys
400-meter run	3A	Boys
300-meter hurdles	2A	Girls
300-meter hurdles	3A	Girls
300-meter hurdles	2A	Boys
300-meter hurdles	3A	Boys
800-meter run	2A	Girls
800-meter run	3A	Girls
800-meter run	2A	Boys
800-meter run	3A	Boys
<b>*Para-Ambulatory* 200-meter run</b>	All Classes	Boys and Girls
200-meter dash	2A	Girls
200-meter dash	3A	Girls
200-meter dash	2A	Boys
200-meter dash	3A	Boys
3200-meter run	2A	Girls
3200-meter run	2A	Boys
4x400-meter relay	2A	Girls
4x400-meter relay	2A	Boys
3200-meter run	3A	Girls
3200-meter run	3A	Boys
4x400-meter relay	3A	Girls
4x400-meter relay	3A	Boys

# SCHEDULE OF FIELD EVENTS

## SATURDAY, MAY 4

Time	Event	Class	Girls/Boys	Location
<b>1:30 PM</b>	Long Jump	4A	Boys	East Runway
	Long Jump	5A	Girls	West Runway
	High Jump	5A	Boys	South Pit
	High Jump	4A	Girls	North Pit
	Pole Vault	4A	Boys	North/South Pit
	Pole Vault	5A	Girls	North/South Pit
	Javelin	4A	Boys	East Runway
	Javelin	5A	Girls	West Runway
	Shot Put	5A	Boys	South Ring
	Shot Put	4A	Girls	North Ring
<b>2:45 PM</b>	Long Jump	5A	Boys	East Runway
	Long Jump	4A	Girls	West Runway
	High Jump	4A	Boys	South Pit
	High Jump	5A	Girls	North Pit
	Javelin	5A	Boys	East Runway
	Javelin	4A	Girls	West Runway
	Shot Put	4A	Boys	South Ring
	Shot Put	5A	Girls	North Ring
<b>4:00 PM</b>	Triple Jump	4A	Boys	East Runway
	Triple Jump	5A	Girls	West Runway
	Pole Vault	5A	Boys	North/South Pit
	Pole Vault	4A	Girls	North/South Pit
	Discus	5A	Boys	East Ring
	Discus	4A	Girls	West Ring
<b>5:15 PM</b>	Triple Jump	5A	Boys	East Runway
	Triple Jump	4A	Girls	West Runway
	Discus	4A	Boys	East Ring
	Discus	5A	Girls	West Ring

# SCHEDULE OF RUNNING EVENTS

## SATURDAY, MAY 4

Event/Time	Class	Girls/Boys
2:30 PM	All-Academic Presentation (4A and 5A)	
2:55 PM	Invocation and National Anthem	
3:00 PM	Running Time Schedule Begins (rolling schedule)	
4x800-meter relay	4A	Girls
4x800-meter relay	5A	Girls
4x800-meter relay	4A	Boys
4x800-meter relay	5A	Boys
100-meter hurdles	4A	Girls
100-meter hurdles	5A	Girls
110-meter hurdles	4A	Boys
110-meter hurdles	5A	Boys
100-meter dash	4A	Girls
100-meter dash	5A	Girls
100-meter dash	4A	Boys
100-meter dash	5A	Boys
4x200-meter relay	4A	Girls
4x200-meter relay	5A	Girls
4x200-meter relay	4A	Boys
4x200-meter relay	5A	Boys
1600-meter run	4A	Girls
1600-meter run	5A	Girls
1600-meter run	4A	Boys
1600-meter run	5A	Boys
4x100-meter relay	4A	Girls
4x100-meter relay	5A	Girls
4x100-meter relay	4A	Boys
4x100-meter relay	5A	Boys
400-meter run	4A	Girls
400-meter run	5A	Girls
400-meter run	4A	Boys
400-meter run	5A	Boys
300-meter hurdles	4A	Girls
300-meter hurdles	5A	Girls
300-meter hurdles	4A	Boys
300-meter hurdles	5A	Boys
800-meter run	4A	Girls
800-meter run	5A	Girls
800-meter run	4A	Boys
800-meter run	5A	Boys
200-meter dash	4A	Girls
200-meter dash	5A	Girls
200-meter dash	4A	Boys
200-meter dash	5A	Boys
3200-meter run	4A	Girls
3200-meter run	4A	Boys
4x400-meter relay	4A	Girls
4x400-meter relay	4A	Boys
3200-meter run	5A	Girls
3200-meter run	5A	Boys
4x400-meter relay	5A	Girls
4x400-meter relay	5A	Boys



# CHAMPIONSHIP



# HEADQUARTERS



CHAMPIONSHIP APPAREL

Remember this achievement. Visit the PepWear Store or [shop.lhsaa.org](http://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 email us at [customerservice@pepwear.com](mailto:customerservice@pepwear.com)



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# ORDER FORM

## MINI-REPLICA TROPHIES and MEDALS

for the LHSAA State Championship Events

PLEASE CALL FOR ORDERING INFORMATION

**TAX AND SHIPPING CHARGES WILL BE ADDED TO ALL ORDERS**

**\*\*PLEASE DO NOT SEND PAYMENT BEFORE RECEIVING A COPY OF THE INVOICE\*\***

(ask about school quantity discounts!)

**9" INDIVIDUAL REPLICA TROPHY \$32.95 each + Tax & Shipping**

Optional plate with school and individual name available for \$5.00 + Tax

**ADDITIONAL MEDALS \$4.95 each + Tax & Shipping**

As per LHSAA regulations, eligibility for replica awards must be verified  
Please provide all the required information below for verification and production

SCHOOL and/or PARENT NAME: \_\_\_\_\_

SHIPPING ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

SCHOOL PHONE: \_\_\_\_\_ SCHOOL FAX: \_\_\_\_\_

PRINCIPALS NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CONTACT PH: \_\_\_\_\_ FAX: \_\_\_\_\_ CELL: \_\_\_\_\_

Information for **EVENT** : \_\_\_\_\_ **YEAR**: \_\_\_\_\_

**Replica Trophy** **DIVISION/CLASS**: \_\_\_\_\_

STATE CHAMPION ( ) or STATE RUNNER UP ( )

**EVENT LOCATION**: \_\_\_\_\_ **QUANTITY**: \_\_\_\_\_

Information for **MEDAL COLOR**: GOLD ( ) SILVER ( ) BRONZE ( )

**Medal** **QUANTITY**: ( )

**Plate Engraving**: \_\_\_\_\_



*Congratulations*  
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THE LHSAA WOULD LIKE TO THANK THE FOLLOWING 2023 - 2024 PARTNERS FOR THEIR CONTINUED DEDICATION & SUPPORT OF HIGH SCHOOL ATHLETICS IN LOUISIANA



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## TEAM LHSAA



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