



2024 LHSAA Boys & Girls District/ Regional Track Bulletin

General Information Bulletin

TABLE OF CONTENTS

CONTENT	PAGES
IMPORTANT DATES	PAGE 3
GENERAL INFORMATION	PAGES 4 - 7
REGIONAL MEET INFORMATION	PAGES 8 - 11
QUALIFYING FROM DISTRICT TO REGIONALS	PAGE 12
WHEELCHAIR AND PARA-AMBULATORY TRACK AND FIELD	PAGE 12
JURY OF APPEALS	PAGE 13
LHSAA CORPORATE SPONSORS	PAGE 14

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') (Meets may be earlier if approved by District)
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

GENERAL INFORMATION

All District Meet Information is posted on LA.MILESPLIT.COM. Please follow up with your respective District Meet Director for any and all information.

District meet directors: The MileSplit platform shall be utilized as the official registration platform of the LHSAA postseason. The District, Regional and State Meets on MileSplit are connected through a championship platform so that when the results are uploaded, our MileSplit administrators can auto-advance the qualifiers from District to Regional and Regional to State for those respective classifications. **DO NOT CREATE YOUR OWN LHSAA DISTRICT, REGIONAL OR STATE MEET ON MILESPLIT, THEY WILL BE DELETED!** If you do not yet have access to your respective District meet on MileSplit, you need to contact Adam MacDowell at amacdowell@lhsaa.org ASAP. You are required to update your meet information and date so your that your District schools can plan appropriately.

Please ensure meet communications/information have established and identified your games committee/jury of appeals. If you are utilizing head coaches and administrators from competing schools, have an alternate coach or administrator identified for your jury in the event one of their own athletes ends up in an appeal. All NFHS Track & Field rules are to be governed by your meet director, head official/umpire in conjunction with your jury of appeals. The LHSAA will not overturn a jury of appeals decision with respect to NFHS Track & Field Rules.

Relay Changes (NEW):

After the district qualifiers have been advanced from the district meet to the regional meet on the MileSplit platform, all relay alternate changes will be updated by the qualifying coaches on the MileSplit platform in the regional meet. District meet directors shall not upload relay changes in the district results on MileSplit. The district meet results should reflect who actually participated. Relay changes after the conclusion on the regional meets will be made in the corresponding state platform as well.

By Rule 23.5.9 and 23.6.14, Relay Alternates should be communicated to the Meet Director at the conclusion of the District and Regional Meet.

It is imperative that the district results are uploaded back to MileSplit by the meet director or their timers in a timely manner so that the coaches can make their relay adjustments for the regional meet. Advancement of the qualifiers cannot take place until all results are uploaded properly into the district platform. Relay adjustments will be made in the regional meet!

Regional Relay Additions and Substitutions - Deadline Noon, Tuesday prior to the Regional meet.

- 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
- o If you are going to remove an athlete from an individual event, the LHSAA and the school of the alternate qualifier shall be notified of these changes AND update on La.MileSplit.

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 district meet (Ex. You registered 7 athletes for the district meet but now want to list 8 athletes for the regional), 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:

The screenshot shows the 'Varsity Girls 4x100 Meter Relay Entries' form. On the left, there's a table for 'Relay Team A' with columns for 'Athletes on Relay: 7' and 'REMOVE TEAM'. The table lists 7 athletes: Rita Thoroughmar, Maddy Hall, Austyn Van Horn, Sarah Weatherford, Madison Kuntz, Maddison Isom, and Emma Pickens. A red arrow points to the 'Athletes on Relay: 7' dropdown menu. On the right, there's an 'Athlete Pool' section with a search bar and a list of athletes with checkboxes. The 'Athlete Pool' includes names like Audrey Auer, MARGARET CARROLL, MCKENNA CLABORN, Karlie Ellis, Maddie Enos, Sara Grateka, Hayley Gruenewald, Maddy Hall (checked), Gracin Harke, Maddison Isom (checked), and Ashley James. At the bottom are 'Save & Return to Event List' and 'Save & Continue' buttons.

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.**

NOTE: In relay events, up to 8 individuals may be listed for each relay in the District, Regional and State meets.

All District, Regional, and State Track meets will be conducted according to the National Federation edition of Track and Field Rules, 2024, and Section 23 Track Rules of the LHSAA Handbook.

All Class C schools: There will not be any district meets in Class C to qualify for the regional track meets. Each school may enter two (2) individuals and (1) relay team in each event at the regional meet. Each region will qualify three (3) individuals and (3) relay teams to the State meet in each event. State meet events that do not have 9 qualifying athletes will be filled with the next best performance from any regional not to exceed 2 athletes per event per school and one relay per event per school.

23.5.16 Qualifying Plans and Special Rules for Regional Meets (All Classes - Boys and Girls) 4. Timing Device: Shall be fully automatic timing device (FAT), if available. Semi-automatic timing device is acceptable if FAT is unavailable.

23.5.11 The English measurement system shall be used to determine heights and distances in all field events.

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.

New Order of Running Events

23.3.9 The host of a regular season and post- season meet shall comply with the order of running events and contest the field events as stated in Section 2 Order of Running Events and Section 3 Field Events in the NFHS Track & Field Rules Book. There shall be at least a 10 - minute time allotment between running events. Exception: Classes C,B,1A shall not contest the 4x800- meter relay in post- season.

<u>Boys</u>	<u>Girls</u>
4x800 - meter relay	4x800 - meter relay
110 - meter high hurdles	100 - meter high hurdles
100 - meter dash	100 - meter dash
4x200 - meter relay	4x200 - meter relay
1600 - meter run	1600 - meter run
4x100 - meter relay	4x100 - meter relay
400 - meter dash	400 - meter dash
300 - meter intermediate hurdles	300 - meter low hurdles
800 - meter run	800 - meter run
200- meter dash	200- meter dash
3200 - meter run	3200 - meter run
4x400 - meter relay	4x400 - meter relay

SCRATCH MEETING/ TEAM PACKETS

- 23.5.8** 1. There will be no scratch meeting for the Regional meet. Schools that qualify contestants from the district meet to the regional meet shall declare by **12:00 noon two (2) days prior to the regional meet any scratches for those qualifying to the regional meet**. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by 12:00 noon two (2) days prior to the regional meet. Schools failing to scratch contestants prior to 12:00 noon two (2) days prior to the regional 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 regional meet shall be emailed to the host school on school letterhead signed by the head coach.
2. Team packets containing heat sheets, time schedule, meet information, appeal form, etc., may be picked up at the host school two hours prior to your school participating.
 3. Coach must pick up their packet and pay fees prior to participation in any event.
 4. 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/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 pick-up area.

SEE 3.10.3. THIS RULE IS PROVIDED TO SATISFY THE 3.10 SCHOOL SUPERVISION RULE AND DOES NOT PERMIT THE SCHOOL WITH 2 OR LESS ENTRIES TO OBTAIN AN ADDITIONAL COACH NOT REGISTERED WITH THEIR SCHOOL.

5. If a qualifying contestant from the district meet is scratched and the alternate is not notified by 12:00 noon two (2) days prior to the meet, there shall be no replacement allowed.

SUBSTITUTIONS ON RELAY TEAMS

Substitutions shall be made on MileSplit platform by 12 noon 2 days prior to the Regional Meet and by 12 noon on the Tuesday before the State Meet.

DROP OUTS

It is the school's responsibility to notify alternate qualifiers and the meet directors of the regional or state meet if their participant decides not to participate in the higher meet. Both the alternate participant and the regional or state meet director should be notified by **12:00 noon on Tuesday** prior to the succeeding meet.

NFHS Section 5 Qualifying Procedures

ART. 7... When a final race is run in sections, the slower runner or relay teams shall be placed in the first section., with the fast competitors assigned to the last section. All sections for an event shall use the same starting procedure.

Participation and Entry Limitations

ART. 1... A competitor shall not compete in more than four than four events, including relays.

CONTESTANT MAY OFFICIALLY PARTICIPATE IN:	
Four individual events	No relays allowed.
Three individual events	May be listed on any number of relays but compete in only one relay.
Two individual events	May be listed on any number of relays but compete in only two relays.
One individual events	May be listed on any number of relays but compete in only three relays.
Zero individual events	May be listed on any number of relays and may compete in four relays.

REGIONAL MEET INFORMATION

Listed below are the dates, starting times, sites and meet directors of each of the regional track meets for girls and boys in each class. **Please check the Regional MileSplit Platform for updated information.**

Class 5A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3	April 24, 2024 Field: 1 p.m. Running: 3 p.m.	Northwestern State University	"Trey" Morgan Smith Ruston High School morgan.smith@lincolnschools.org 361-944-4446
2 Districts 4, 5, 6	April 25, 2024 Field: 3:00 p.m. Running: 5 p.m.	Denham Springs High School	Chris Womack Denham Springs High School christopher.womack@lpsb.org 225-202-4901
3 Districts 7, 8, 9	April 24, 2024 Field: 2 p.m. Running: 3 p.m.	Hahnville High School	Brittany Bonnaffons Hahnville High School bbonnaffons@stcharles.k12.la.us 225-485-5689

Class 4A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3	April 25, 2024 Field: 1 p.m. Running: 3:30 p.m.	Lee Hedges Stadium	Joan Catanese Huntington High School jccatanese@caddoschools.org 318-230-2171
2 Districts 4, 5, 6, 7	April 23, 2024 Field: 1 p.m. Running: 5:45 p.m.	Cecilia High School	Logan Duplechien Cecilia High School logan_duplechien@saintmartinschools.org 337-342-3314
3 Districts 8, 9, 10, 11	April 23, 2024 TBD	TBD	St. Scholastica High School Nicholas Minvielle nminvielle@ssacad.org 504-491-9424

Class 3A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 4	April 24, 2024 Field: 1:30 p.m. Running: 4 p.m.	Carroll High School	Charles Smith Wossman High School charles.smith@mcschools.net 318-537-0220
2 Districts 3, 5, 6	April 24, 2024 Field: 3 p.m. Running: 5:30 p.m.	Zachary High School	Pat Neck St. Louis Catholic / University Lab pneck@slchs.org 337-794-4049
3 Districts 7, 8, 9	April 25, 2024 Field: 1 p.m. Running: 5 p.m.	E.D. White High School	Jordan Reed E.D. White High School jreed@htdiocese.org 985-859-0380

Class 2A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3, 4	April 24, 2024 Field: 10 a.m. Running: 2 p.m.	Mansfield High School	Mychal Word Mansfield High School mychal.word@desotopsb.com 318-780-8609
2 Districts 5, 6, 8	April 23, 2024 Field: 1:30 p.m. Running: 4:30 p.m.	University of Louisiana Lafayette	Claney Duplechin Episcopal High School duplechinc@ehsbr.org 225-247-9477
3 Districts 7, 9, 10	April 24, 2024 Field: 3 p.m. Running: 6 p.m.	Tad Gormley Stadium	Mark Faliveno Isidore Newman High School markfaliveno@newmanschool.org 504-654-9503

Class 1A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3, 4	April 22 2024 Field: 11 a.m. Running: 2 p.m.	Ouachita Christian School	Steven Fitzhugh Ouachita Christian School steven.fitzhugh@ocs.org 318-450-7855
2 Districts 5, 6, 7	April 25, 2024 Field: 1 p.m. Running: 4 p.m.	New Iberia Senior High School	Thomas Schexnayder Hanson Memorial High School tschexnayder@hansonmemorial.com 337-346-0037
3 Districts 8, 9, 10	April 24, 2024 Field: 3 p.m. Running: 5 p.m.	Ponchatoula High School	Jeremy Brown Kentwood High School jeremy.brown@tangischools.org 985-514-9777

Class B			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3	April 23, 2024 Field: 1 p.m. Running: 3:30 p.m.	Castor High School	Brandi Martin Castor High School bbmartin@bpsb.us 318-471-3205
2 Districts 4, 5	April 23, 2024 Field: 3:30 p.m. Running: 5 p.m.	Leesville High School	Brittany Draughn Anacoco High School brittany.draughn@vpsb.us 337-239-3039
3 Districts 6, 7	TBD (See MileSplit for meet info)	TBD	Chad Hunt Christ Episcopal ivyvi@me.com 985-259-5152

Class C			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2	April 22, 2024 Field: 1 p.m. Running: 3 p.m.	Gibbsland- Coleman High School	Scherwanda Cooper Gibbsland- Coleman High School sdcooper@bpsb.us 318-607-2415
2 Districts 3, 4, 5	April 23, 2024 Field: 12:30 p.m. Running: 3 p.m.	Hackberry High School	Angie Little Hackberry High School angie_little@camsch.org 337-802-5664
3 Districts 6, 7	April 23, 2024 Field: 1 p.m. Running: 3:30 p.m.	Louisiana School for the Deaf	Steven Rachal Family Christian High School steve.rachal@jasm.org 225-505-7020

QUALIFYING FROM DISTRICT TO REGIONALS

District All Classes: 4 Individuals , 4 relays in each event to qualify to Regionals.

Regional All Classes: 3 Individuals, 3 relays in each event to qualify to State.

Alternates: Fifth-place finishers in each event in all district meets will be alternates to the regional meet. (6th place finishers shall not be alternates)

Each region will qualify 3 individuals and 3 relay teams to the state meet. Fourth place finishers in the regional meet will be alternates in the state meet. (5th place finishers shall not be alternates)

WHEELCHAIR TRACK AND FIELD

ALL WHEELCHAIR EVENTS AT THE STATE TRACK MEET WILL BE HELD ON THURSDAY, MAY 2, 2024.

Any questions concerning wheelchair track and field should be answered by applying the section of the LHSAA handbook dealing with participation in wheelchair track and field.

This information can be found in Section 23, Rule 23.7 of the LHSAA handbook.

PARA AMBULATORY TRACK AND FIELD

ALL PARA AMBULATORY EVENTS AT THE STATE TRACK MEET WILL BE HELD ON FRIDAY, MAY 3, 2024.

Any questions concerning para ambulatory track and field should be answered by applying the section of the LHSAA handbook dealing with participation in wheelchair track and field.

This information can be found in Section 23, Rule 23.8 of the LHSAA handbook.

JURY OF APPEALS

ALL Jury of Appeals Rulings shall be final. The LHSAA **WILL NOT** overturn a Jury of Appeals Ruling.

ART. 1... A jury of appeals, if appointed, shall serve as the final board of appeals.

ART. 2... A coach first protest to the referee. If the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury.

ART. 3... Situations that are eligible to protest/ appeal include, but are not limited to:

a. Misapplication of the rules which must be filled within 30 minutes after the announcement of event results.

b. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.

c. Correction of meet results involving an ineligible participant which may be made at any time when discovered.

d. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the games committee or meet director. This would include such items as the time schedule, the number of qualifiers to advance, number of trials etc.

ART. 4... Situations that are not subject to protest:

a. Any judgement decision pertaining to violations or alleged violations of the rules.

b. A decision made by the finish judges or timers that does not involve misapplication of a rule, or terms and conditions of competition.

c. Whether a start is fair and legal.



LHSAA CORPORATE PARTNERS

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



TITLE PARTNER, OFFICIAL HEALTHCARE & SPORTS MEDICINE PROVIDER OF THE LHSAA

TEAM LHSAA



LHSAA STATEWIDE PARTNERS



LHSAA TEAMMATES



SERVING LOUISIANA'S YOUTH FOR OVER 100 YEARS

IF YOU ARE INTERESTED IN PARTNERING WITH THE LHSAA OR FOR MORE INFORMATION PLEASE CONTACT WES BAYLOR - WES@LHSAASP.COM

CHAMPIONSHIP



HEADQUARTERS



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 email us at customerservice@pepwear.com



CHAMPIONSHIP PHOTOGRAPHS

Geaux Preps is the digital partner of the LHSAA. Browse their digital collection of photos that encapsulate the thrill and passion of high school sports.

Visit geauxpreps.com/photos to purchase photos of your favorite athlete during championship action.



CHAMPIONSHIP REPLICA TROPHIES

For more information regarding State Championship mini replica trophies and medals, contact Gold Star Trophies at (225) 928-4230 or visit goldstartrophies.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 Championship Jewelry provider for the LHSAA & LHSCA.

Baton Rouge
225.927.1383 // gshhbrrla@gradsupply.biz
Metairie
504.737.4439 // gradsupply@oal.com