



**2025 LHSAA Boys & Girls District/
Regional Track Bulletin**
General Information Bulletin

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IMPORTANT DATES

2023-2024 DATES	ACTIVITY
MONDAY, FEBRUARY 3, 2025	1st Practice (Current medical history/exam, athletic participation/ parental permission, and substance misuse forms must be on file.)
MONDAY, MARCH 3, 2025	1st Meet (Eligibility must be submitted online.)
MONDAY, MARCH 3, 2025	Deadline for Submitting GPAs online for seniors for All-Academic
WEDNESDAY, APRIL 23, 2025- SATURDAY, APRIL 26, 2025	District Meets (Classes B-5A - Boys' and Girls') (Meets may be earlier if approved by District)
SATURDAY, APRIL 26, 2025	End of Regular Season (All Classes - Boys' and Girls')
FRIDAY, MAY 2, 2025	Regional Meet Deadline (All Classes)
THURSDAY, MAY 8, 2025	State Meet (Classes 1A, B and C)
FRIDAY, MAY 9, 2025	State Meet (Classes 3A and 2A)
SATURDAY, MAY 10, 2025	State Meet (Classes 5A and 4A)
SUNDAY, MAY 18, 2025	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 Alexis Hart at ahart@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 :

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:

Varsity Girls 4x100 Meter Relay Entries

Relay Team A Athletes on Relay: 7 REMOVE TEAM

53.08 4 5 6 7 8

Rita Thoroughmar 6 1st Leg

Maddy Hall 7 2nd Leg

Austyn Van Horn 8 3rd Leg

Sarah Weatherford Anchor

Madison Kuntz Alternate 1

Maddison Isom Alternate 2

Emma Pickens Alternate 3

Athlete Pool

Search Athlete

Other Athletes

☐ Audrey Auer

☐ MARGARET CARROLL

☐ MCKENNA CLABORN

☐ Karlie Ellis

☐ Maddie Enos

☐ Sara Grateke

☐ Hayley Gruenewald

☒ Maddy Hall

☐ Gracin 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.***

NOTE: In relay events, up to 8 individuals may be listed for each relay in the District, Regional and State meets. An athlete listed in 3 individual events shall be listed in positions 5-8 on the relays.

All District, Regional, and State Track meets will be conducted according to the National Federation edition of Track and Field Rules, 2025, and Section 23 Track Rules of the LHSAA Handbook.

Class B schools, in 2025 , will only have a Regional Qualifying Meet for State. (All Regional Meet rules apply.)

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.

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 30, 2025 Field: 1 p.m. Running: 3 p.m.	Northwestern State University	Chris Kennady Parkway High School chris.kennady@bossierschools.org 318-780-8795
2 Districts 4, 5, 6	May 1, 2025 Field: 3:15 p.m. Running: 5:30 p.m.	Ponchatoula High School	Josh Dominguez Ponchatoula High School joshua.dominguez@tangischools.org 985-320-4692
3 Districts 7, 8, 9,10	April 30, 2025 Field: 1 p.m. Running: 5 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 23, 2025 Field: 1 p.m. Running: 3:00 p.m.	Alexandria Senior High School	Dan Christman Tioga High School dan.christman@rpsb.us 318-80-1063
2 Districts 4, 5, 6	April 30, 2025 Field: 1 p.m. Running: 5:45 p.m.	Brusly High School	Trent Ellis Brusly High School trent.ellis@wbrschools.net 225-288-9434
3 Districts 7, 8, 9, 10	May 1, 2025 Field: 1 p.m. Running: 5 pm.	South Lafourche High School	Brendan Adam South Lafourche High School bdadams@mylpsd.com 985-696-0328

Class 3A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 4	April 30, 2025 Field: 1:30 p.m. Running: 3:30 p.m.	ULM	David Janssen Sterlington High School janssen@opsb.net 318-538-9767
2 Districts 3, 5, 6	April 28, 2025 Field: 9 a.m. Running: 2 p.m.	McNeese State University	Brendon Gilroy Lake Charles College Prep mcneesetrackandfield@gmail.com 337-540-8043
3 Districts 7, 8, 9, 10	May 1, 2025 Field: 1 p.m. Running: 5:15 p.m.	Hoss Memtsas Stadium	Brad Womack Patrick F. Taylor High School brad.womack@jpschools.org 504-292-3776

Class 2A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3	April 30, 2025 Field: 10:30 a.m. Running: 2:30 p.m.	Mansfield High School	Mychal Word Mansfield High School mychal.word@desotopsb.com 318-780-8609
2 Districts 4, 5, 6, 7	April 29, 2025 Field: 1:30 p.m. Running: 4:30 p.m.	University of Louisiana Lafayette	Brad Sievers Lafayette Christian Academy bradsie1@bellsouth.net 337-581-9539
3 Districts 8, 9, 10	April 29, 2025 (see MileSplit for meet info)	Covington High School	Miguel Becerra St. Thomas Aquinas High School miguelbecerra@bellshouth.net 985-320-4290

Class 1A			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3	April 29, 2025 Field: 11 a.m. Running: 2 p.m.	Lakeside High School	David Franklin Haynesville High School dfranklin@cpsb.us 318-422-3835
2 Districts 4, 5, 6, 7	April 30, 2025 Field: 1 p.m. Running: 4 p.m.	Basile High School	Tony Bertrand Basile High School anthony.bertrand@epsb.com 337-277-6918
3 Districts 8, 9, 10	April 30, 2025 Field: 3 p.m. Running: 5:30 p.m.	Joe Yenni Stadium	Warren Lind St. Martin's Episcopal warren.lind@stmsaints.com 504-666-0097

Class B			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2, 3	April 29, 2025 Field: 1 p.m. Running: 3:30 p.m.	Quitman High School	Cindy Pardue Quitman High School cindy.pardue@jpsbschools.us
2 Districts 4, 5	April 29, 2025 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	April 29, 2025 (See MileSplit for meet info)	Bell City High School	Mike Bourgeois Episcopal of Acadiana mbourgeois@esacadiana.com 337-254-1728

Class C			
Region	Date/Start Times	Location	Meet Director
1 Districts 1, 2	April 28, 2025 (see MileSplit for meet info)	Gibbsland- Coleman High School	Colby Hough Saline High School colby.hough@bpsb.us 318-548-1098
2 Districts 3, 4, 5	April 29, 2025 (see MileSplit for meet info)	Hackberry High School	Angie Little Hackberry High School angie_little@camsch.org 337-802-5664
3 Districts 6, 7, 8	May 1, 2025 Field: 1 p.m. Running: 3:30 p.m.	Louisiana School for the Deaf	Steven Rachal Family Christian High School steve.rachal@jsm.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 8, 2025.

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 9, 2025.

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 **2024-2025** PARTNERS FOR THEIR CONTINUED DEDICATION & SUPPORT OF HIGH SCHOOL ATHLETICS IN LOUISIANA



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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.

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