



Dear Visiting Coach,

Thank you for your interest in participating in the 2019 LSU Alumni Gold. At Louisiana State University, we take great pride in putting on a well run meet for the athletes, spectators, and coaches.

We are committed to running this meet in a one day format, with the B sections in the morning and the invitational A sections in the afternoon. Due to the popularity of this meet as well as this time constraint, we must limit the number of competitors in each event. The maximum field sizes for each event are listed in the meet information.

Automatic entry standards are also listed in the meet information. Please be mindful of these standards when entering your athletes. Athletes who do not meet the performance standards will be accepted at the discretion of meet management. Please know that it is not the responsibility of meet management to make sure your team meets the minimum number of participants required by the NCAA.

We want the afternoon section of the LSU Alumni Gold to be one of the best track and field meets in the entire country. We hope that you will support our mission to produce this meet in a format that will increase interest in the sport of track and field in the United States.

Sincerely,

A handwritten signature in black ink, appearing to read "Dennis Shaver".

Dennis Shaver
Head Coach
LSU Track & Field



Invited Teams

Alabama A&M, Arkansas (Women), Florida, Grambling, Harvard, Hinds, Jackson State, Louisiana Tech, McNeese State, Meridian, Minnesota, Mississippi College, Mississippi State, New Orleans, Nicholls State, Northwestern State, Southern, Texas State, Tulane, UL-Lafayette, UL-Monroe, Xavier

Important Dates & Deadlines

All times listed are Central Time (CST)

Monday, April 15th	6:00pm	Deadline to enter the 2019 LSU Alumni Gold
Wednesday, April 17th	12:00pm	Accepted entry list and final time schedule will be posted at www.LSUsports.net/meetinfo
Thursday, April 18th	1:00pm	Requested changes are due to Andrea Tepe at tepeal@lsu.edu
Thursday, April 18th	9:00pm	Final performance list posted at www.LSUsports.net/meetinfo
Friday, April 19th	4:00-6:00pm	Bernie Moore Track is open for practice; packet pickup will also be available
Saturday, April 20th	8:00am-12pm	Packet pickup available at the Carl Maddox Fieldhouse Ticket Office

Entry Information & Instructions

Entry Standards

Only TFRRS verified marks will be able to be entered. Athletes that have met the following standards will be automatically accepted into the meet. Athletes that have not met the standard will be accepted at the discretion of meet management. Each school may only enter 1 relay team in each relay event.

Event	Men's Standard for Automatic Entry	Women's Standard for Automatic Entry	Maximum Field Size
100 Meters	10.30	11.50	54
200 Meters	21.10	23.50	54
400 Meters	47.00	53.00	45
800 Meters	1:51.00	2:10.00	45
1500 Meters	3:54.00	4:50.00	36
5000 Meters	16:00.00	19:00.00	20
100/110 Hurdles	14.20	13.50	54
400 Hurdles	52.50	1:00.00	45
3000 Steeplechase	10:00.00	12:00.00	20
High Jump	2.10m (6'10.75")	1.75m (5'8.75")	15
Pole Vault	5.20m (17'0.75")	4.00m (13'1.5")	15
Long Jump	7.50m (24'7.25")	6.10m (20'0.25")	25
Triple Jump	15.35m (50'4.5")	12.50m (41'0.25")	25
Shot Put	17.68m (58')	15.24m (50')	16
Discus	54.86m (180')	50.29m (165')	16
Hammer	60.96m (200')	56.38m (185')	16
Javelin	64.00m (210')	47.24m (155')	16

Entry Procedure

All entries will be done through www.DirectAthletics.com. Only 2019 TFRRS verified marks will be able to be entered. Athletes/relays that do not have a 2019 mark must be entered as “No Mark.” No faxed, emailed or phoned entries will be accepted. Please be aware that DirectAthletics marks do not automatically update after you enter. If your athlete improves their performance between the time you enter and the entry deadline, you need to re-enter them in order to update the mark.

Unattached athletes must request permission from meet management to enter the meet. The deadline to request permission is 24 hours prior to the close of entries.

Entry Fees

Entry fees are \$200 per team (men and women are considered separate teams). Entry fees will be collected at packet pickup. Checks should be made payable to the **LSU Athletic Department**. A team with fewer than 10 competitors will be charged \$20 per athlete. Please do not mail payment.

Unattached students will pay a \$5 entry fee with a student ID at packet pickup. Unattached post-collegiate entries will be \$20 and must be paid online with a credit card at www.DirectAthletics.com at the time of entry.

Accepted Entries

Accepted entries will be posted at www.LSUsports.net/meetinfo. It is not the responsibility of meet management to make sure each team has met the minimum number of required participants to meet NCAA rules.

Requested Changes

Coaches will have the opportunity to request changes to the initial performance list via email. **Requested changes are not guaranteed.** Acceptable requests include requesting a different session for an athlete to participate in (for example, morning instead of afternoon) or scratching an athlete from an event. Changes to entry marks or adding athletes to different events will not be accepted. The deadline to request these changes is listed under “Important Dates & Deadlines” at the top of the meet information.

Unattached Entries

Only two types of unattached athletes will be considered for this meet: students and post-collegiate athletes. Unattached athletes must request permission from meet management to enter the meet. The deadline to request permission is 24 hours prior to the close of entries. Unattached athlete entry requests must be made online using the form available at www.LSUsports.net/meetinfo. If permission is granted, the athlete will receive an email before 10:30am on Monday, April 15th with further instructions about entering the meet.

The online request form is not entry into the meet. All meet entries will be done through www.DirectAthletics.com. You will need an individual account; please set this up in advance of the entry deadline as it takes several days to process. NO PHONE or EMAIL entries will be accepted. A \$20 entry fee must be paid online with a credit card at the time of entry for post-collegiate entries. Check the performance list online to make sure you don't miss your event.

Meet Information

- Athlete Check-In** Running Events: Athletes must check in before the start of the preceding event at Clerk of Course (near Gate 11). Relay teams must turn in a relay card when they check in at the Clerk of Course. All athletes must have their spikes checked prior to check-in.
- Field events: Athletes must check in 15 minutes prior to the start of their event with the Head Judge at the event site. All athletes must have their spikes checked prior to check-in.
- Bags** All bags will be searched and checked at each entrance. Spectators & teams/athletes have different bag policies.
- Teams/Athletes* Team backpacks and other necessary team supplies are only permitted in the team camp area in Carl Maddox Fieldhouse.
- Spectators* LSU has implemented the Geaux Clear bag policy for all athletic venues. For the safety and security of everyone in attendance, all patrons entering the Bernie Moore Stadium must abide by the clear bag policy. Please visit www.LSUSports.net/GeauxClear for additional information.
- Coaching Access** Field event coaches will have access to designated coaching boxes on the infield during the competition.
- Electronic Devices** NCAA rules pertaining to electronic equipment will be strictly enforced on Bernie Moore Track. Please refrain from using electronic devices on the rubber surface in Carl Maddox Fieldhouse for safety purposes.
- Facility** Bernie Moore Track Stadium is a 5,280-seat, lighted facility that was renovated in 2017. The facility contains a 400 meter oval and an interior sprint/hurdle straightaway, both with Mondo surface and nine 48-inch wide lanes. Field event areas include dual directional horizontal jump & Pole Vault runways, two Shot Put areas, and a multi-purpose High Jump area within the oval. Both the southwest and southeast corners of the facility contain a Javelin runway and a Hammer/Discus ring and cage.
- | | Take Off Boards | Runway Lengths |
|----------------------|------------------------|-----------------------|
| Long Jump: | 9' 10" (3.00m) | 203'0" (62.00m) |
| Women's Triple Jump: | 34'0" (10.36m) | 177'0" (54.00m) |
| Men's Triple Jump: | 42'8" (13.00m) | 170'0" (52.00m) |
| East Javelin runway: | | 117'0" (35.70m) |
| West Javelin runway: | | 110'0" (35.00m) |
- Facility Access** Team access to Bernie Moore Track and Carl Maddox Fieldhouse will begin 2 hours prior to the first event.
- Food & Drink** Teams may bring food and drink into the team camp area on the glittered floor of Carl Maddox Fieldhouse. Only water is allowed on the rubber surface inside Carl Maddox Fieldhouse and on Bernie Moore Track.
- Heat Sheets & Live Results** Heat sheets will be in your packet at check in. Live results will be available at results.deltatiming.com/lsu. Final results will be available from the press box after the meet and will be posted on results.deltatiming.com/lsu.
- Media Contact** All sports information and media credential requests should be done through Aaron Hyder at ahyder@lsu.edu. These can be picked up from the Press Box inside Bernie Moore Stadium.
- Meet Admission** Athletes and Coaches: Enter at Gate 2 by presenting your wristband.
Spectators: Enter at Gate 3. Admission is free of charge.

Parking	Parking is available at the Bernie Moore Lot (lot 104) off Nicholson Drive. Buses may drop off and pick up along Chimes Street North of the Fieldhouse in the designated area; see attached bus routing map. Buses may not stage along Chimes Street, please call your bus driver when your team is ready to be picked up. Bus parking will be in the designated lot off Skip Bertman Drive. Any illegally parked vehicles may be subject to ticketing and towing.
Pole Shipping	Please do not have pole vault poles shipped to LSU. Poles must be shipped to your hotel.
Preferred Lanes	5-6-4-7-3-8-2-9-1
Pre-Meet Practice	Bernie Moore Track will be available for team practice from 4-6pm on Friday, April 19. Carl Maddox Fieldhouse will not be open for practice. All long throws must be done from the circle and runway nearest Nicholson Drive (West) during the following times: Hammer 4:00-4:40pm Discus 4:40-5:20pm Javelin 5:20-6:00pm
Restrooms	Available for teams inside Carl Maddox Fieldhouse in the Southeast corner. Portable restrooms will be available outside the Southwest portals of Carl Maddox Fieldhouse. There are no shower or changing facilities available.
Scoring	Non-scored
Spike Check	Only 1/4" pyramid spikes are permitted (3/8" recessed pyramid spikes are permitted for High Jump). All spikes must be checked at the spike check window inside Gate 13 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.
Sports Medicine	Trainers will be in Carl Maddox Fieldhouse just inside the Southwest portal. Team trainers may set up in the designated team camp areas of Carl Maddox Fieldhouse.
Starting Heights	Exact starting heights will be determined by meet management after all entries are received.
Tape	Tape for any marking on the track must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified.
Team Camps	Team camps will be inside Carl Maddox Fieldhouse. Athletes and coaches can enter the Fieldhouse through the Southwest Portal near Gate 11 of Bernie Moore Track. SPIKES ARE ONLY PERMITTED ON THE RUBBER INSIDE THE FIELDHOUSE. Athletes must change into and out of their spikes on the rubber surface; no spikes are permitted in the team areas on the glittered floor.
Track Access	Wristbands for athletes and 5 additional wristbands for coaches and support staff per gender will be included in the packets. Athletes and coaches will not be permitted to access the facility without a wristband. Anyone that is unable to pick up their packet during the designated time can pick it up from the spike check window at Gate 13.
Warm-ups	Carl Maddox Fieldhouse will be available for warm ups. Field Events: Athletes will have access to field event venues for warm ups approximately 45 minutes prior to the scheduled start of competition (Pole Vault will have access 90 minutes and High Jump 75 minutes prior to the scheduled start). Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event.
Weather Policy	In the event the stadium must be cleared, everyone with a wristband may take shelter in Carl Maddox Fieldhouse. All spectators will need to go to their vehicles. Please follow all PA instructions regarding weather.

Weigh-Ins

Implement inspections will be held in the LSU Track & Field Equipment Building, accessible through Gate 14. Inspections for all throwing events will begin 2 hours prior to the scheduled start of competition on Saturday, and will terminate 60 minutes prior to the scheduled start of competition in each throwing event. Implements will be transported to the event site 60 minutes prior to the scheduled start of competition.

Further Information

For further information, contact the LSU Track & Field Office at (225) 578-8627.

Louisiana State University, the Athletics Department, and 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 security for monitoring personal belongings.



Tentative Time Schedule

Time	Event	Division	Round	Advance
Field Events*****				
9:00 AM	Discus (West Ring)	Women	Trials & Finals	9
10:00 AM	Long Jump	Men	Trials & Finals	9
10:00 AM	Long Jump	Women	Trials & Finals	9
10:30 AM	Discus (West Ring)	Men	Trials & Finals	9
10:45 AM	Pole Vault	Women	Final	
11:00 AM	High Jump	Men	Final	
11:45 AM	Triple Jump	Men	Trials & Finals	9
11:45 AM	Triple Jump	Women	Trials & Finals	9
12:00 PM	Shot Put	Men	Trials & Finals	9
12:30 PM	Hammer (West Ring)	Women	Trials & Finals	9
1:45 PM	High Jump	Women	Final	
1:45 PM	Long Jump Invitational	Women	Trials & Final	9
1:45 PM	Long Jump Invitational	Men	Trials & Final	9
2:00 PM	Hammer (West Ring)	Men	Trials & Finals	9
2:00 PM	Pole Vault	Men	Final	
2:00 PM	Shot Put	Women	Trials & Finals	9
3:15 PM	Triple Jump Invitational	Women	Trials & Finals	9
3:15 PM	The LeJuan Simon			
	Triple Jump Invitational	Men	Trials & Finals	9
3:30 PM	Javelin (West Runway)	Men	Trials & Finals	9
3:30 PM	Javelin (East Runway)	Women	Trials & Finals	9

Running Events*****

MORNING SESSION ORDER OF EVENTS (B Sections)

<i>Start time will be determined after entries close</i>	3000 Steeplechase	Women	Final
	3000 Steeplechase	Men	Final
	5000 Meters	Women	Final
	100 Meters	Women	Final (B Sections)
	100 Meters	Men	Final (B Sections)
	1500 Meters	Women	Final (B Sections)
	110 Hurdles	Men	Final (B Sections)
	1500 Meters	Men	Final (B Sections)
	100 Hurdles	Women	Final (B Sections)
	400 Meters	Women	Final (B Sections)
	400 Meters	Men	Final (B Sections)
	200 Meters	Women	Final (B Sections)
	200 Meters	Men	Final (B Sections)
	800 Meters	Women	Final (B Sections)
	800 Meters	Men	Final (B Sections)
	400 Hurdles	Men	Final (B Sections)
	400 Hurdles	Women	Final (B Sections)

AFTERNOON SESSION (A Sections)

1:25 PM	National Anthem			
1:30 PM	4x100 Meter Relay	Women	Final -- (Heats against time)	
1:40 PM	4x100 Meter Relay	Men	Final -- (Heats against time)	
1:52 PM	1500 Meters	Women	Final	
1:58 PM	1500 Meters	Men	Final	
2:05 PM	100 Hurdles	Women	Final	
2:15 PM	110 Hurdles	Men	Final	
2:20 PM	400 Meters	Women	Final	
2:25 PM	400 Meters	Men	Final	
2:30 PM	100 Meters	Women	Final	
2:37 PM	100 Meters	Men	Final	
2:45 PM	800 Meters	Women	Final	
2:50 PM	800 Meters	Men	Final	
3:20 PM	400 Hurdles	Women	Final	
3:25 PM	400 Hurdles	Men	Final	
3:30 PM	200 Meters	Women	Final	
3:40 PM	200 Meters	Men	Final	
3:50 PM	5000 Meters	Men	Final	
	<i>LSU Alumni Recognition will take place during the 5,000m</i>			
4:10 PM	4x400 Meter Relay	Women	Final (Heats Against Time)	
4:30 PM	4x400 Meter Relay	Men	Final (Heats Against Time)	



Parking Map & Bus Traffic Flow



Coming from West on Interstate 10:

Take I-10 to the Nicholson Drive/Highland Road exit (Exit 155A). Keep right and turn right onto Terrace Street. Turn left onto Nicholson Drive and proceed 1.5 miles and turn left on West Chimes Street. If you reach North Stadium Drive (and Tiger Stadium) you have gone too far. Bus drop off is on West Chimes Street at the entrance to Lot 105.

Coming from East on Interstate 10:

1) Take I-10 to Highland Road (La. 42, exit 166). Turn left onto Highland Road and proceed 10.5 miles until reaching South Quad Drive on the left. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles just past North Stadium Drive (and Tiger Stadium). Go past Bernie Moore Stadium and Carl Maddox Fieldhouse and turn right on West Chimes Street. Bus drop off is on West Chimes Street at the entrance to Lot 105.

2) Take I-10 to Acadian Thruway (La. 427, exit 157B). Turn left onto Acadian Thwy. and proceed 2.0 miles until reaching Highland Rd. (note that Acadian becomes Stanford Ave. and then LSU Ave.). Turn right onto Highland Road and proceed 0.4 miles until reaching South Quad Drive on the left. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles just past North Stadium Drive (and Tiger Stadium). Go past Bernie Moore Stadium and Carl Maddox Fieldhouse and turn right on West Chimes Street. Bus drop off is on West Chimes Street at the entrance to Lot 105.