



MEET INFORMATION



Louisiana Governor's Games Youth & Masters Indoor Track and Field Classic

February 27, 2016
Carl Maddox Field House, LSU
Baton Rouge, LA



Meet Directors: Byron Turner

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ENTRY INFORMATION AND INSTRUCTION

AGE DIVISIONS

YEARS BORN	Age (As of December 31, 2016)
2010 – LATER	6 and under
2008 – 2009	7 – 8 yrs old
2006 – 2007	9 – 10 yrs old
2004 – 2005	11 – 12 yrs old
2002 – 2003	13 – 14 yrs old
2000 – 2001	15 – 16 yrs old
1997 – 1999 <small>* athletes born in 1997 are also eligible if they do not turn 19 on or before 8/6</small>	17 – 19* yrs old
Open	19 yrs and older
Masters	30 yrs and older

Entry Procedure

1. All entries will be done electronically through www.coacho.com
2. Entry Deadline is **February 24th at 8 pm.** Entries may be made as early as **Sunday, December 1st**. You may make changes on line as often as you wish until the entry deadline.
3. No entries will be accepted after the deadline AND NO ON SITE REGISTRATION ALLOWED.

Entry Fees

1. Entry fee for youth athlete will be **\$8.00** per athlete which includes cost for relays and **\$20.00** per adult athlete
2. Payment will be made online through online registration ONLY.

PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in Southwest Portal (athletes and coaches entrance) of the Field house at least 1 ½ hour prior to the start of the first event. Unattached athletes should collect their packets from same area during same time.

AWARDS

Medals will be awarded to the top 3 finishers in every age group. T-shirts will be provided to all participants. Compliments of the Louisiana Office of Physical Fitness.

SANCTION

Event is being Sanction apart of the Louisiana Governor's Games

MEET PACKETS

Packets may time schedule, wrist bands and bib numbers.

MEET ADMISSION

General Public Admission cost is **\$10.00, (\$5.00 for Senior Citizens and kids under 6). 3yrs and under are free**

ATHLETE CHECK-IN

Running Events: Athletes must check in one event prior to their own event at the check-in area (Clerk of Course, in the Northwest Portal).

Field events: Athletes must check in 15 minutes prior to the start of their event with the Head Judge of that event at the event site.

Relay Events: Relay teams should check in one event prior to their own event at the check-in area (Clerk of Course, in the Northwest Portal). Relay teams should pick up a relay card in the Clerking area, fill it out, and turn it in to the clerk of course.

WARMUPS

Running Events: Warm ups for all running events will be outside on the grass field outside the Northwest Portal of the Fieldhouse.

Field Events: Athletes will have access to field event venues for warm ups approximately 45 minutes prior to the scheduled start of competition. Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event. In the high jump, measuring tapes may not be used within 30 minutes of starting time.

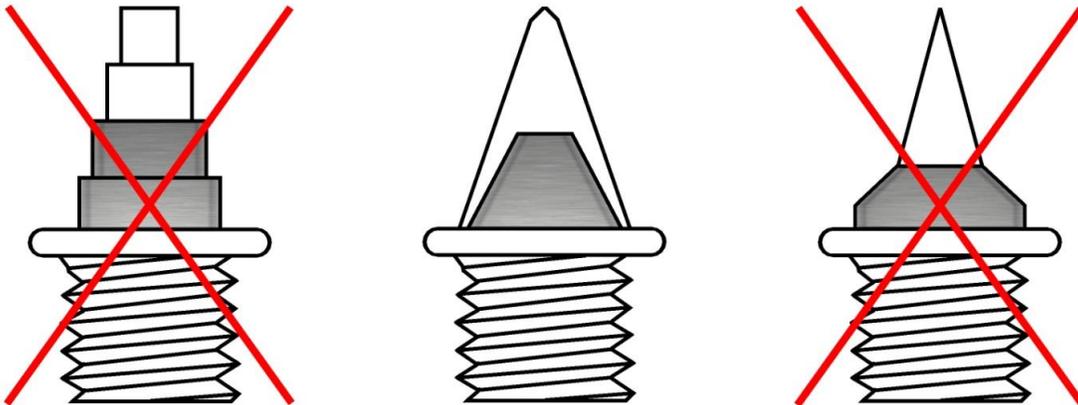
BLOCKS USAGE

Blocks will be available for usage, however they will only be used during the morning session. Afternoon session which includes athletes 14 and under, blocks will not be used.

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 (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified

HYDRATION

- Water is the only permitted drink allowed on the rubber surface at Bernie Moore Stadium and inside Carl Maddox Fieldhouse

BAGS

- Only shoe bags/backpacks are permitted inside Carl Maddox Fieldhouse. No bags of excessive size (duffel bags, suitcases, coolers) are permitted inside the Fieldhouse.

CONTRACTED HOTELS FOR THIS EVENT

Hampton Inn I-10 & College Drive
4646 Constitution Avenue
Baton Rouge, LA 70808
225-926-9990
20 rooms
\$99.00 per night (Breakfast is included)
Reservation Deadline: February 5, 2016

Courtyard Baton Rouge Acadian Thruway/LSU Area
2421 South Acadian Thruway
Baton Rouge, LA 70808
25 rooms
\$99 (includes Breakfast)
Reservation Deadline: February 5, 2016

Holiday Inn College Drive
4848 Constitution Ave
Baton Rouge, LA 70808
225-448-2030
\$89 (Includes Breakfast)
Reservation Deadline: January 27, 2016

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Meet Schedule

Running Event Finals (Rolling Schedule after 800m)

9:00am	3000m	Masters, Open, Age 15 - 18
9:45 am	60m Hurdles	Masters, Open, Age 11 - 18
10:15 am	60m Dash	Masters, Open, Age 15 - 18
10:45 am	1600m Race Walk	Masters, Open, Age 7 - 18
11:15 am	400m	Masters, Open, Age 15 - 18
11:45 am	1600m	Masters, Open, Age 15 - 18
12:15 pm	200m	Masters, Open, Age 15 - 18
1:00 pm	800m	Masters, Open, 5 - 18
	4x200m Relay	Masters, Open, 7 - 18
	400m	Age 7 - 14
	60m	Age 5 - 14
	1600m	Age 7 - 14
	200m	Age 5 - 14
	4x400m Relay	Age 7 - 14

All events will follow age group order with all female age groups competing prior to male. In Youth events: 60m, 200m & 400m limited to only 5 entries per team per age group unless approved by meet management. Relays are limited to only two teams per age group. If limited participants in respective age groups, meet management reserve the right to combine heats, however awards and scoring will be done based on age groups.

All running events will be finals with heats against times.

Field Event Preliminaries/Finals

8:00 am	Weight Throw	Masters/Open
9:00 am	Long Jump	Masters/Open/Age 15-18
10:00 am	Shot Put	Masters/Open/ Age 15-16 (B-12lb; G-4kg)/ Age 17-18 (B-12lb; G-4kg)
	Pole Vault	Masters/Open/Age 15-18
10:30 am	Triple Jump	Masters/Open/Age 15-18
11:30 am	High Jump	Masters/Open/Age 9-18
1:00 pm	Long Jump	Age 5 - 14
1:00 pm	Shot Put	Age 13-14 (B-4kg;G-6lb)/Age 11-12 (6lb)/Age 9-10 (6lb), Age 7-8 (2kg)

All events will follow age group order with all women age groups competing prior to men, beginning with the oldest participant's age group down to open.

Field Events will have ONLY 3 attempts except in high jumps and pole vaults. There competition rules apply.



Special Thanks to the Governor's Games for providing the competitor's awards and t-shirts for the volunteers.

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Registration form MASTERS ONLY!!!!!!!

Entry fees: \$20 per athlete. Relays entries are Free. Relays will be declared upon call during the meet.

Late Registration: \$25 per athlete.

Pre-registration is required for the Hurdle event

ENTRIES CLOSE AT Noon on February 25, 2016

Name _____ DOB _____ Age on 2/27/16 _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ USATF# _____

Club/Team Name: _____

I hereby agree to release and discharge State of Louisiana, Louisiana State University, US Express Track Club and any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet.

Athlete's Signature _____ Date _____

Circle the events you want to enter and your best performance (if any) in the prior year:

60m	_____	800m	_____	Long Jump	_____	Weight Throw	_____
60m Hurdle	_____	1500m	_____	Triple Jump	_____	Pole Vault	_____
200m	_____	3000m	_____	High Jump	_____	4x200 Relay	_____
400m	_____	1500m R/W	_____	Shot Put	_____	4x400 Relay	_____

Make checks payable to US Express Track Club

Mail entry to: US Express Track Club
Attn: Byron Turner
Post Office Box 46314
Baton Rouge, LA 70895