

# McNeese State University Track and Field



INDOOR  
Meet Information

2014

Cowboy Indoor Invite I  
(University Division)

# January 17th, 2014

## **Entry Information**

### **Meet Classifications**

The McNeese Indoor Invite, on January 17<sup>th</sup>, 2014 will be a college-only meet. Unattached athletes will be permitted by permission of meet management.

### **How to Enter**

1. Entries will be processed through [www.directathletics.com](http://www.directathletics.com). or [www.cfpitiming.com](http://www.cfpitiming.com)  
Please access our meet at either website. Entry fees will be paid upon arrival at the meet at the packet pick-up site. You should set up your account in advance to avoid any problems.
2. Entry **Deadline** is **11:30 PM Monday January 13<sup>th</sup>**, 2014.
3. **No faxed or Phoned entries will be accepted.**
4. Entries will be posted on Wednesday after 6pm at the McNeese Track and Field  
Website: [www.mcneesesports.com](http://www.mcneesesports.com) under meet info

### **Entry Fees**

\$375 per team, Schools entering both Men and Women will be \$700.

\*\*\* THIS IS FOR ALL TEAMS REGARDLESS OF CLASSIFICATION\*\*\*

Make Checks payable to: **“McNeese Foundation”**

**Unattached Athletes Need to contact Meet Management for Entry Verification**

**And Will be required to pay online @ [www.directathletics.com](http://www.directathletics.com)**

**\$25 per athlete, per event**

## **Meet Information**

### **Meet Site**

The McNeese State Indoor Recreation Complex which is located on the main campus off Common Street

### **Directions to the Track**

Coming East on I-10 from Texas:

Twenty-five miles into Louisiana, take the 210 Loop (Exit 25). Head east for 6 miles before exiting at the Ryan St. Exit (Exit 6A). Head south on Ryan St. for 1 mile. Take a left at Sale Road. Take a right turn after the tennis courts. The McNeese Recreation complex is on your right.

Coming West on I-10 from East Louisiana:

Take the 210 Loop (Exit 34). Head west on 210 until your reach the Ryan St Exit (Exit 6A). Head south on Ryan St. for 1 mile. Take a left at Sale Road. Take a right turn after the tennis courts. The McNeese Recreation complex is on your right.

## **“NO METAL SPIKES ALLOWED IN ARENA”**

### **Packet Pick-Up**

Packets can be picked up, prior to the competition, starting at 12:00 pm. at the Main Entrance to the Recreation Complex.

### **Meet Admission**

The meet will be open to the general public. Cost at the gate is \$5 across the board.

### **Dressing Facilities**

Unfortunately, there will be no locker room or shower facilities available for this event.

### **Athlete Check-In**

Field event athletes will be required to check-in 30 minutes prior to their event at the event site. All running events Up-Stairs should check in up-stairs. Access to track will be at the North end of the facility. Check in downstairs will be at the starting line. Listen for Calls. The running events will go on a running schedule so be alert.

### **Qualifying**

There will be no qualifying heats for the running events upstairs. All races are finals. The 55m and 55m hurdles will have a prelim and with the top 12 advancing to the final based on time.

**Horizontal jumps** - Minimum Marks with Prelims & Top 8 advancing to Finals.

Women: 4.80m (LJ), 10.34m (TJ)      Men: 6.40m (LJ), 13.59m (TJ)

**Throws** - Minimum Marks with Prelims & Top 9 advancing to Finals.

Women: 10.10m (Shot), 13.72m (Weight)      Men: 12.20m (Shot), 13.72m (Weight)

**\*\* Depending on entries minimum marks are subject to change\*\***

### **Implement Weigh-In**

Implements may be weighed in near the shot ring by the pole vault area. They must be weighed in between 10:00 AM and 11:30 PM.

### **Starting Heights**

Starting heights will be determined at the start of the event, depending on the field sizes and performances.

### **Limited Entry Events 3 athletes per school**

**Triple Jump** and **Long Jump** will be limited to **3 athletes per team** to keep the schedule rolling.

### **Further Information**

If you have any questions, do not hesitate to contact the McNeese Track and Field Office at (337) 475-5204 or [mcneesetrackandfield@hotmail.com](mailto:mcneesetrackandfield@hotmail.com)

# “NO METAL SPIKES ALLOWED IN ARENA”

## Meet Schedule

### Field Events

11:00 AM	Weight Throw	Women	Prelims & Finals
11:00 AM	Shot Put	Men	Prelims & Finals
1:00 PM	Weight Throw	Men	Prelims & Finals
1:00 PM	Shot Put	Women	Prelims & Finals
3:00 PM	Long Jump	Women	Prelims & Finals
4:00 PM	Pole Vault	Women	Finals
4:30 PM	Long Jump	Men	Prelims & Finals
5:00 PM	High Jump	Women	Finals
6:00 PM	Triple Jump	Women	Prelims & Finals
6:00 PM	Pole Vault	Men	Finals
6:00 PM	High Jump	Men	Finals
7:00 PM	Triple Jump	Men	Prelims & Finals

### Running Events

#### (Down Stairs)

4:00 PM	55m Hurdles	W/M	Prelims (12 Advance)
	55m Dash	W/M	Prelims (12 Advance)
6:30 PM	55m Hurdles	W/M	Final (A&B)
	55m Dash	W/M	Final (A&B)

#### (Up Stairs)

3:00 PM	DMR	W/M	Final
4:30 PM	1 mile	W/M	Final
	400 Meters	W/M	Final
	600 Meters	W/M	Final
	800 Meters	W/M	Final
	200 Meters	W/M	Final
	3000 Meters	W/M	Final
	4x400 Relay	W/M	Final

\*Running events will go on a rolling schedule.

\*Schedule is subject to change.

## **McNeese Indoor Rec Complex Records**

### **MEN'S RECORDS**

55 Meter Dash: 6.1,	Brian Cooper, McNeese 1987; Verril Young, unattached 1991; Ruel Paul, USL 1991
55 Hurdles: 6.99,	Derrick Ford, Southern, 1993
200 Meters: 22.64	Keenan Jackson, Northwestern, 2012
400 Meter Dash: 48.3,	Tom Williams, Jackson State 1990
800 Meter Run: 1:51.8,	Alfredo Lahuerta, Houston Baptist, 1985
1000 Meters: 2:27.0,	Sammy Skimhfast, Houston Baptist, 1986
1 mile Run: 4:06.19,	Alex Bruce-Littlewood, McNeese State, 2011
3000 Meter Run: 8:10.9,	Roger Solar, UT San Antonio, 1985
3200 Meter Run: 8:39.1,	Roger Solar, UT San Antonio, 1983
Two Mile Run: 8:31.5,	Chris Bloor, Stephen F. Austin 1984
Three Mile Run: 14:05.4,	Daniel Laquerre, 1981
4x400 Meter Relay: 3:15.3,	USL (1991)
3200 Meter Relay: 7:34.6,	Houston Baptist (1987)
Distance Medley: 10:15.42,	McNeese State. 1996
Shot Put: 61-0,	Kevin Toth, unattached 1992
Weight Throw: 63'11.7"	Adonson Shallow, SELA 2011
Long Jump: 26-1,	Brian Cooper, McNeese State, 1985
Triple Jump: 51-1,	Mdhlongwa, USL, 1995
High Jump: 7-2,	Michael Roberson, McNeese State, 1996
Pole Vault: 17-3,	Jacob Davis, Orangefield High School, 1995

### **WOMEN'S RECORDS**

55 Meter Dash: 6.8,	Theresa Neighbors, UT San Antonio (1990); Sheryl Wilson, unattached, 1991
55 Hurdles: 7.77,	Latey Davenport, Southern, 1993
200 Meters: 25.01,	Ashleigh Wells, McNeese 2012
400 Meter Dash: 56.61,	Amaka Richardson, Unattached, 2012
800 Meter Run: 2:11.80,	Beverly Harrington, unattached, 1996
1600 Meter Run: 5:00.4,	Becky Brooks, Lamar, 1986
3000 Meter Run: 9:29.94,	Sarah Salmon, McNeese 1997
3200 Meter Run: 10:33.9,	Jody Duston, UTSA 1988
5000 Meter Run: 19:00.34,	Keri Ange, McNeese 1993
Two Mile Run: 11:35.2,	Liz Unkel, McNeese 1988
4x400 Meter Relay: 3:53.6,	San Jacinto, 1988
3200 Meter Relay: 9:25.7,	UT San Antonio, 1987
Distance Medley: 12:17.19,	Univ. of Mobile 1998
Shot Put: 50'.4",	Tracey Rew, Northwestern St., 2011
Weight Throw: 66'8.5"	Kristal Kostiew-Yush, NYAC, 2011
Long Jump: 20-1,	Paula Andrews, Prairie View 1991
Triple Jump: 40-8,	Cheryl Henry, Northeast La., 1986
High Jump: 5-9,	Presley, Lamar, 1990

Pole Vault: 12' 11.5"

Erica Bartolina unattached 2010