

**MCNEESE STATE
TRACK AND FIELD**



**MCNEESE INDOOR I
January 14th, 2017**

**MEET INFORMATION
HIGH SCHOOL**

Entry Information

Meet Classifications

The McNeese Indoor I, on January 14th, 2017 will be a High School-only meet. High Schools and high school aged club Teams from outside Louisiana may compete as per LHSAA Rule Book. High School Rules will be in effect.

How to Enter

- Entries will be processed through www.directathletics.com . 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.
- Entry **Deadline** is **11:30 PM Tuesday January 10th** 2017.
- You may make changes as often as you wish until the entry deadline
- **No faxed or phone entries will be accepted.**
- Entries will be posted on Thursday after 6pm at the McNeese Track and Field
Website: www.mcneesports.com under meet info

ENTRY FEES

ENTRY FEES ARE CALCULATED BY THE NUMBER OF ATHLETES ENTERED IN THE MEET, INCLUDING those only on the relay teams, on the January 12th deadline. IF YOU FAIL TO BRING ENTERED ATHLETES TO THE MEET, THE ENTRY FEE WILL NOT BE ADJUSTED

HIGH SCHOOLS / CLUBS

\$10 per athlete ENTERED THERE IS NO TEAM CAP

PAYMENT:

Schools: Only school Checks, Money Orders or Cash will be accepted. Personal checks and Purchase Orders will not be accepted. Payments can be made at time of packet pick-up.

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

Limited Entry:

Long & Triple Jump events – maximum 2 athletes per team
Relays - maximum 2 relays per team, 4 x 800m 1 Relay.
All other events – maximum 3 athletes per team

Minimum Marks (marks below minimum will not be recorded) *Subject to change

Long Jump / Triple Jump	Boys 18’/ 38’	Girls 14’/ 28’
Shot Put	Boys 38’	Girls 23’

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 you 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.

Packet Pick-Up

Packets can be picked up, prior to the competition, starting at 8:00 a.m. 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 be on a **rolling time 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 6 advancing to the final. All field events will be treated as finals, athletes will be given 4 attempts.

Implement Weigh-In

Implements may be weighed in near the shot ring at the NORTH END of the Arena. They must be weighed in between 8:00 AM and 9:30 AM.

Starting Heights

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

Further Information

If you have any questions, do not hesitate to contact the McNeese Track and Field Office at: (337) 475-5278 / (337) 475-5204 or mcneesetrackandfield@hotmail.com

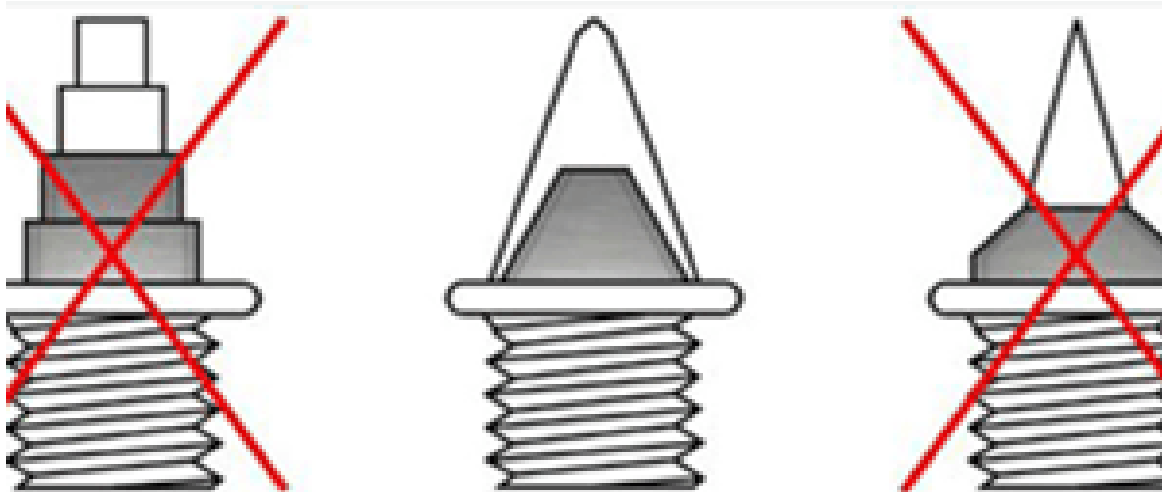
FACILITY REGULATIONS

SPIKES

All spikes must be checked in upon entering the arena and a proper tag must be displayed during competition. With the installation of a new track surface upstairs spikes will now be permitted for the upstairs events ONLY.

Acceptable spikes:

1/4 inch pyramids



Spikes will only be permitted for the following events:

- 4 x 800 meter relay
- 4 x 200 meter relay
- 1600 meters
- 400 meters
- 800 meters
- 3200 meters
- 4 x 400 meter relay

Meet Schedule

Field Event

9:00 AM	Shot Put	Boys	Finals	4 Attempts
9:00 AM	Shot Put	Girls	Finals	4 Attempts
9:00 AM	Long Jump	Girls	Finals	4 Attempts
10:00 AM	Pole Vault	Girls	Final (after Shot Put)	
10:30 AM	Long Jump	Boys	Finals	4 Attempts
10:30 AM	High Jump	Girls	Final (after Shot Put)	
11:30 PM	High Jump	Boys	Finals	
12:00 AM	Triple Jump	Girls	Finals	4 Attempts
12:00 PM	Pole Vault	Boys	Finals	
1:30 PM	Triple Jump	Boys	Finals	4 Attempts

Running Events

NO METAL SPIKES (Down Stairs) NO METAL SPIKES

12:00 PM	55m Hurdles	G/B	Prelims	(12 Advance)
	55m Dash	G/B	Prelims	(12 Advance)
1:00 PM	55m Hurdles	G/B	Prelims	(6 advance)
	55m Dash	G/B	Prelims	(6 advance)
1:30 PM	55m Hurdles	G/B	FINALS	
	55m Dash	G/B	FINALS	

(Up Stairs)

10:00 AM	4 x 800m	G/B	Final	Sections against time
11:30 AM	4 x 200m	G/B	Final	Sections against time
	1600m	G/B	Final	Sections against time
	400 Meters	G/B	Final	Sections against time
	800 Meters	G/B	Final	Sections against time
	3200 Meters	G/B	Final	Sections against time
	4x400 Relay	G/B	Final	Sections against time

*Running events will go on a rolling schedule.

*Schedule is subject to change.