

Updated 1/23/23

McNEESE STATE Track and Field



McNEESE INDOOR II INVITE

January 27th, 2023

MEET INFORMATION
UNIVERSITY

Entry Information

Meet Classifications

The McNeese Indoor Invite, on January 27th, 2023 will be a college-only meet. Post Collegiate and Collegiate aged unattached athletes in individual events will be permitted upon request depending on field sizes.

Unattached athletes must be cleared by the meet director before registration.

NCAA / LHSAA regulations ***prohibit*** High school and/or Middle School athletes from competing unattached in any McNeese Collegiate Home Competitions. ***Unattached participants must email mcneesetrackandfield@hotmail.com the name of their high school, year of high school graduation and date of birth before receiving the password to enter on Direct Athletics.***

How to Enter

1. 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.
2. Entry Deadline is 11:30 AM Monday January 23rd, 2023
3. **No faxed or phone entries will be accepted.**
4. Entries will be posted on Wednesday after 6pm at the McNeese Track and Field Website: www.mcneesesports.com under meet info

Entry Fees

\$500 per team, Schools entering both Men and Women \$1000.

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

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

Unattached Need to contact Meet Management for Entry Verification

Will be required to pay online @ www.directathletics.com

\$25 per “ATHLETE PER EVENT” PAYABLE ONLINE



FACILITY REGULATIONS

FLOORING

- **Downstairs** The McNeese Recreation Complex has undergone some major renovations since the we last hosted indoor meet. This includes a brand new rubber flooring down stairs. We have navigated the logistics in order to bring these meets back. We ask that you and your athletes follow the rec complex rules.
- **Upstairs** has 1mm Protraxx Surface which ¼” pyramid spikes **ONLY** are allowed

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: *¼ inch pyramids* **ONLY**.
- Spikes will only be permitted for the following events:
 - 200m, 400m, 600m, 800m, Mile, 3000m, 4x400m Relay



- **NO SPIKES or Hard Plastic Plate Shoes for 55m/55mH**
 - **Rubber bottom soled shoes only**



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 (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 Lake Charles Bypass 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.

PARKING

Athletes can be dropped off in front of Rec Complex. Bus parking will be behind Jeff Davis Bank off Sale Road Northeast of Campus.

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 \$10 across the board. \$5.00 for children aged 12 and under.

FREE McNeese Students with Valid ID

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 upstairs 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: 4.90m (LJ), Men: 6.40m (LJ), 13.00m (TJ)

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

Women: 10.00m (Shot), 12.00m (Weight) Men: 12.00m (Shot), 13.00m (Weight)

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

Implement Weigh-In

Implements may be weighed in the near the shot ring at the NORTH END of the Arena. They must be weighed in between 11:00 AM and 2:30 PM.

Starting Heights

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

Warm-Up

There will be a warm-up field located outside next to the parking lot. If inclement weather team warm-up will be modified downstairs.

Limited Entry Events 3 athletes per school

Triple Jump and Long Jump will be limited 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) 475-5278 / (337) 475-5204 or mcneesetrackandfield@hotmail.com



McNeese State University

Pole Vault Progressions

Men

4.15m	13' 7.39" HS
4.30m	14' 1.29" HS
4.45m	14' 7.20"
4.60m	15' 1.10"
4.75m	15' 7.01"
4.90m	16' 0.91"
5.00m	16' 4.85"
5.10m	16' 8.79"
5.20m	17' 0.72"
5.30m	17' 4.66"
5.40m	17' 8.60"
5.50m	18' 0.54"

Women

3.05m	10' 0.08"
3.20m	10' 5.98"
3.35m	10' 11.89"
3.50m	11' 5.80"
3.65m	11' 11.70"
3.75m	12' 3.64"
3.85m	12' 7.57"
3.95m	12' 11.51"
4.05m	13' 3.45"
4.15m	13' 7.39"
4.20m	13' 9.25"
4.25m	13' 11.25"



Updated 1/18/23

Updated 1/23/23

**McNeese Indoor II University
Meet Schedule
Friday 1/27/22**

Field Event

10:00 AM	90min	Weight Throw	Women	Prelims & Finals	2 flights
10:00 AM.	90min	Shot Put	Men	Prelims & Finals	2 flights
12:00 PM	90min	Weight Throw	Men	Prelims & Finals	2 flights
12:00 PM	90min	Shot Put	Women	Prelims & Finals.	2 flights
2:00 PM	60min	Long Jump	Women	Prelims & Finals	1 flight
2:00 PM	60min	High Jump	Men	Finals	10 Athletes
2:00 PM	60min	Pole Vault	Women	Finals	5 Athletes
3:30 PM	90min	Long Jump	Men	Prelims & Finals	2 flights
3:30 PM	60min	High Jump	Women	Finals	12 Athletes
4:00 PM	90min	Pole Vault	Men	Finals	8 Athletes
5:30 PM	60min	Triple Jump	Women	Prelims & Finals	1 flight
7:00pm.	60min	Triple Jump	Men	Prelims & Finals	1 flight

Running Events

(Down Stairs)

4:00 PM	55m Dash	W/M	Prelims (8 Advance)	9 heats
5:30 PM	55m Hurdles	W/M	Final (A&B)	2 heats
	55m Dash	W/M	Final (A&B)	

(Up Stairs)

4:30 PM	1 mile	W/M	Final	4 heats
4:55 PM	400 Meters	W/M	Final	11 heats
5:40 PM	800 Meters	W/M	Final	8 heats
6:10 PM	600 Meters	W/M	Final	8 heats
6:35 PM	200 Meters	W/M	Final	18 heats
7:15 PM	3000 Meters	W/M	Final	5 heats
8:05 PM	4x400 Relay	W/M	Final	5 heats



*Running events will go on 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: 22.05	Tyler Smith, McNeese 2019
400 Meter Dash: 48.3,	Tom Williams, Jackson State 1990
600 Meter Run: 1:18.29	Olandis Johnson "Unattached" McNeese Alum 2020
800 Meter Run: 1:50.89,	Matt Harding, "Unattached" McNeese State 2020
1000 Meters: 2:27.0,	Sammy Skimhfast, Houston Baptist, 1986
1mile Run: 4:06.19,	Alex Bruce-Littlewood, McNeese State, 2011
3000 Meter Run: 8:10.9,	Roger Solar, UT San Antonio, 1985
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)
4x800 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: 68'5.75"	Alexander Young SELA 2015
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
Heptathlon 5260pts	Chandler Mixon, UL-Lafayette, 2022

WOMEN'S RECORDS

55 Meter Dash: 6.8,	Theresa Neighbors, UT San Antonio (1990);
	Sheryl Wilson, Unattached, 1991
55 Hurdles: 7.29,	Lauren Thompson, McNeese, 2015
200 Meters: 24.58,	Meagan Moore, McNeese 2017
400 Meter Dash: 56.25,	Terrian Guaff, Nichols 2014
600 Meter Dash: 1:35.01	Kayla Warner, McNeese 2022
800 Meter Run: 2:11.80	Beverly Harrington, Unattached, 1996
Mile Run: 4:58.02,	Sophie Daigle, UL-Lafayette, 2022
3000 Meter Run: 9:29.21	Clerc Simpson Unattached 2013
5000 Meter Run: 17:42.49,	Ashley Irwin, ULL 2015
Two Mile Run: 11:35.2,	Liz Unkel, McNeese 1988
4x400 Meter Relay: 3:53.6,	San Jacinto, 1988
4x800 Meter Relay: 9:25.7,	UT San Antonio, 1987
Distance Medley: 12:17.19,	Univ. of Mobile 1998
Shot Put: 50'7",	Janell Fullerton, McNeese, 2022
Weight Throw: 68'9"	La'Shantena Rounds McNeese 2014
Long Jump: 20-1,	Paula Andrews, Prairie View 1991
Triple Jump 41-5,	Jasmine Manuel, US Express TC 2014
High Jump: 5-9,	Presley, Lamar, 1990



Pole Vault: 13'5.25"
Pentathlon 3695pts

Nicole Casper, McNeese State 2017
Morgan Talley, McNeese State 2022

McNeese State Indoor #2 University / College Meet Records

Men

55m	Charles Jackson	6.42	McNeese State	2011
	Tyler Smith	6.42	McNeese State	2019
200m	Tyler Smith	22.05	McNeese State	2018
400m	Julian Green	49.47	Southern	2014
600m	Olandis Johnson	1:18.29	McNeese Alumni	2020
800m	Olandis Johnson	1:51.85	McNeese State	2017
Mile	Alex Bruce Littlewood	4:06.19	McNeese State	2012
3000m	Joey Croft	8:22.84	McNeese	2022
55m Hurdles	Tramaine Maloney	7.49	Unattached	2017
4x400m	McNeese State	3:20.29		2022
High Jump	Damon Guidry	2.09m	UL Lafayette	2019
Pole Vault	Kyle Baudoin	5.05m	UL Lafayette	2019
Long Jump	Rodney Ruffin	7.62m	SE Louisiana	2017
Triple Jump	Nemanja Kovijac	14.70m	McNeese State	2017
Shot Put	Tommy Nedow	16.66m	SE Louisiana	2022
Weight Throw	Alexander Young	21.29m	Unattached	2017
Heptathlon	Chandler Mixon	5260pts	UL Lafayette	2021

Women

55m	Jasmine Webb	6.93	McNeese State	2014
200m	Ashleigh Wells	25.01	McNeese State	2012
400m	Terrian Guaff	56.25	Nicholls State	2014
600m	Shania Anthony	1:38.08	McNeese State	2019
800m	Amy Talbot	2:16.76	McNeese State	2014
Mile	Sophie Daigle	4:58.02	Sophie Daigle	2022
3000m	Clerc Simpson	9:29.23	Unattached	2013
55m Hurdles	Lauren Thompson	7.29	McNeese State	2015
4x400m	SE Louisiana	3:55.96		2019
High Jump	Crystal Coulter	1.65m	McNeese State	2019
Pole Vault	Nicole Casper	4.10m	McNeese State	2017
Long Jump	Ta'Shania Bean	5.91m	UL Lafayette	2014
Triple Jump	Tarvia Conway	12.16m	UL Lafayette	2014
Shot Put	La'Shantena Rounds	14.13m	McNeese State	2014
Weight Throw	La'Shantena Rounds	20.35m	McNeese State	2014
Pentathlon	Morgan Talley	3659pts	McNeese State	2021

