

MEET INFORMATION

Southwest Regional Open & Masters Indoor
Championship
7 March 2009



Carl Maddox Field House, LSU
Baton Rouge, LA

HOST HOTEL

Courtyard Baton Rouge Acadian Center
2421 South Acadian Thruway
Baton Rouge, LA 70808
Phone: 225-924-6400
Price: \$89.00 per night

2009 USATF SOUTHERN ASSOCIATION MASTER'S SCHEDULE

Date	Event	Target	Meet Director	Location
1-Mar-2009	Greater New Orleans Games Track & Field District meet	Masters		
7-Mar-2008	USATF Southwest Regional Indoor Championship	Open, Masters	Masters Chair	LSU, Baton Rouge, LA
20-22 Mar-2009	USATF National Masters Indoor T&F Championship	Open, Masters		Landover, Maryland
27-28 March 2009	Tiger Relays	Youth/Open/Masters	Todd Lane	LSU, Baton Rouge, LA
10-11 April 2009	Pelican Relays	Youth/Open/Masters	Greg Thompson	Southern University, Baton Rouge, LA
14-Apr-2009	Bayou River Senior Games Track & Field District Meet	Masters/Seniors	Bill Rodd	
18-Apr-2009	Acadiana Senior Olympic District Track & Field meet	Masters/Seniors	Jody Thibodeaux	ULL, Lafayette, LA
16-May-2009	Central Senior Games District Track & Field meet	Masters/Seniors	Janita Vanderhoeven	
16-May-2009	Northwest Senior Games District Track & Field meet	Masters/Seniors	Doyle Blasingame	
30-May-2009	Southeast Senior Games District Track & Field meet	Masters/Seniors	Jeremy Theriot or Christy Sternitzky	Baton Rouge, LA
30-May-2009	Tommy Smith Track Classic	Youth/Open/Master	National Office of 100 Black Men/Jackie Callendar	Tad Gormley Stadium, New Orleans, LA
13-Jun-2009	Southern Association Championship	Youth/Open/Masters	Association Youth/Master Chair	Alexandria, LA
20-Jun-2009	South Zone Championship/Southern Association Masters Championship	Open/Masters	Byron Turner	Southern University, Baton Rouge, LA
9 -12 Jul 2009	USATF National Masters Outdoor T&F Championship	Masters/Seniors	National Masters Chair	
25 July 2009	USATF Southwest Regional Masters Outdoor T&F Championship	Masters/Seniors	Byron Turner	LSU, Baton Rouge, LA
September	Last Chance Meet	Masters/Seniors	TBD	TBD
October	Louisiana Senior Games	Seniors	TBD	TBD

ENTRY INFORMATION AND INSTRUCTION

Entry Procedure

1. All entries will be done electronically through www.coacho.com or by using the registration form included.
2. Entry Deadline is **March 4th** Entries may be made as early as **Sunday, January 25th**. You may make changes as often as you wish until the entry deadline.
3. No Faxed, mailed or phoned entries will be accepted after the deadline.

Entry Fees

1. Entry fees are **\$15.00** per athlete and **\$5.00** per event.
2. Late registration: **\$20.00** per athlete and **\$5.00** per event.
3. Relay teams are **Free** per relay.
4. Payment will be made online through www.coacho.com or via check made out to **USATF Southern**
5. Certified officials who come to work the meet, entry fee is **free** with Officials ID.

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.

MEET PACKETS

Packets will include heat sheets, time schedule, athlete and coaches wrist bands and/or bib numbers.

MEET ADMISSION

General Public Admission cost is **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.

EVENTS BEING CONTESTED

60m

60m Hurdles

200m

400m

800m

1500m

3000m

4x400m

4x800m

1500m Race Walk

Long Jump

Triple Jump

Shot Put

Weight Throw

High Jump

Pole Vault

IMPLEMENT INSPECTION

Throwing implements will be inspected in the Northwest Portal of the Field House. Inspections will begin 1½ hours prior to the event and conclude ½ hour prior to the event. Implements will be transported to the event area one half hour prior to the event's starting time.

WARMUPS

Running Events: Warm ups for all running events will be outside on Bernie Moore Track or 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.

HOST HOTEL

Courtyard Baton Rouge Acadian Center
2421 South Acadian Thruway
Baton Rouge, LA 70808
Phone: 225-924-6400
Price: \$89.00

DIRECTION

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 1.8 miles until reaching Skip Bertman Drive. Turn left and park next to Tiger Stadium. Alex Box Stadium is located just to the west and across Nicholson Drive from Tiger Stadium.

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 Nicholson Drive Extension. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles until reaching North Stadium Drive. Just past North Stadium Drive (and Tiger Stadium), you will see Bernie Moore Track Stadium. Turn right and park in front of Bernie Moore Stadium, or if necessary, return to Tiger Stadium for parking.

or

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 Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles until reaching North Stadium Drive. Just past North Stadium Drive (and Tiger Stadium), you will see Bernie Moore Track Stadium. Turn right and park in front of Bernie Moore Stadium, or if necessary, return to Tiger Stadium for parking.

Meet Schedule

Running Event Finals (Rolling Schedule)

10:00 am	60m Hurdles
	60m Dash
	1500m Race Walk
	400m
	1500m
	800m
	200m
	3000m
	4x400m Relay
	4x800m Relay

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.

All running events will be finals with heats against times.

If limited participants in respective age groups then meet director reserve to right to combine heats, however awards and scoring will be done based on age groups.

Field Event Preliminaries/Finals

9:30 am	Weight Throw	Women/Men
10:00 am	Long Jump	Women/Men
	Pole Vault	Men/Women
10:30 am	Shot Put	Women/Men
11:30 am	Triple Jump	Women/Men
11:30 am	High Jump	Men/Women

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 be contested as follows:

- Each entry will have 3 attempts in Preliminaries exception of high jumps and pole vaults. There completion rules apply.
- Top 10 advance to finals
- Once in final, 3 more attempts will be granted.
- If less than 10 entries per age group, then all entries with a successful mark will be advanced to the final. They will be reordered based on current place in the completion taken from prelim marks.
- Entering all five throws automatically enters you in a Weight Pentathlon.

**USATF Southwest Regional Master's
Indoor Track and Field Championships
Saturday, March 7, 2009**

**Carl Maddox Field House, LSU
Baton Rouge, LA**

Registration form

Entry fees: \$15 per athlete plus \$5 per events, Relays entries are Free. Relays will be declared 1 hour prior to the meet and payment collected at that time.

Late Registration: \$20 per athlete plus \$5 per event.

Pre-registration is required for the Hurdle event

ENTRIES CLOSE AT Midnight on March 4, 2009

Name _____ DOB _____ Age on 3/7/09 _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ USATF# _____

I hereby agree to release and discharge Southern Association of USATF and Louisiana State University, 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 _____ 4x400 Relay _____

400m _____ 1500m R/W _____ Shot Put _____ 4x800 Relay _____

Make checks payable to USATF Southern

Mail entry to: USATF Southern Association
Attn: Byron Turner
Post Office Box 4695
Baton Rouge, LA 70821